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## Coconut Carob and Almond Pudding Pops (Vegan, Gluten-Free, Soy-Free)

This special treat was dreamed up by the folks at Whole Foods . You may substitute rice or soy milk for the almond milk if desired.

Serves: 4

### Ingredients:

- 1/3 cup cornstarch
- pinch of sea salt
- 3 cups organic almond milk, divided
- 1/3 cup organic evaporated cane juice
- 1/2 cup vegan carob chips
- 1/2&ndash;1 tsp gluten-free almond extract
- 1&ndash;2 TB unsweetened shredded coconut

### Directions:

In a medium bowl, blend cornstarch with salt. Slowly pour in 1 cup of almond milk, whisking until smooth. Set aside.

In a medium saucepan set over medium-high heat, mix remaining almond milk with evaporated cane juice and carob chips, stirring frequently until mixture is smooth and comes to a scalding point. Do not boil the mixture.

Stir the cornstarch and almond milk mixture and then add to the hot almond milk and carob, whisking constantly over medium heat until the mixture thickens completely, about 3 to 5 minutes. It will coat a wooden spoon with thick, hot pudding. Stir in the almond extract and coconut.

Transfer 1/2 of the pudding to four small ramekins and allow it to cool to room temperature before refrigerating. Set aside the remaining pudding to cool. Chill the ramekins for a couple of hours before serving.

### For the frozen pops:

Spoon cooled pudding into popsicle molds or small paper cups with flat popsicle sticks. Freeze overnight. To un-mold, run frozen pops under hot tap water for just a few seconds to loosen.