

CHOCOLATE MOUSSE POPSICLES

backyard farmgals

Ingredients:

1 package chocolate pudding, prepared according to package directions and cooled (I use the organic Dr. Oetker, you can get it at health food stores, but Jell-O works fine too.)

1 cup heavy cream, whipped to soft peaks and chilled

****Note** - if you want a different flavor of popsicle, just change your pudding mix. Banana is yummy and you can add some small banana chunks. Pistachio is good too, add a little layer of chopped pistachios to the top of the mold before you put in the sticks (they will be on the bottom of the popsicle when you pull them out).

Method:

Put the prepared pudding in a large bowl. Gently add the cream on top of the pudding and, with a spatula, begin to lightly fold the whipped cream into the pudding. This takes a minute, don't lose your patience and start stirring. Sing like Dory on Finding Nemo, "just keep folding, just keep folding..."

When the mixture is thoroughly combined, gently fill the popsicle molds, leaving about 1/2-inch of room at the top of the mold. Tap the molds or use a skewer to remove air bubbles. Add the sticks to the molds, and place in the freezer until firm, about 4 hours. I whip up a batch of these in the morning and they are ready for the kids' play dates in the afternoon.