

Dessert

White Chocolate & Macadamia Nut Pops

Kristina Castella

IcyPops.com

1 cup sugar
3/4 cup cornstarch
1/4 teaspoon salt
4 cups milk
4 tablespoons unsalted butter
2 teaspoons vanilla extract
3/4 cup mini marshmallows
3/4 cup macadamia nuts, chopped
3/4 cup white chocolate chips
popsicle molds or disposable plastic cups (3 oz ea)
popsicle sticks

In a saucepan, combine the sugar, cornstarch and salt.

Add the milk. Bring to a boil over medium heat, stirring constantly. Remove from the heat as soon as the mixture thickens.

Stir in the butter until melted.

Add the vanilla.

Let cool in the refrigerator for 20 minutes.

Stir in the marshmallows, white chocolate chips and nuts.

Pour the mixture into the popsicle molds or plastic cups.

Place the tops on the molds or insert the sticks.

Freeze for at least 8 hours.

Remove from the freezer.

Let stand at room temperature for 5 minutes before removing the pops from the molds.

Serve immediately.

Per Serving (excluding unknown items): 3836 Calories; 201g Fat (46.9% calories from fat); 53g Protein; 457g Carbohydrate; 10g Dietary Fiber; 257mg Cholesterol; 1273mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 4 Non-Fat Milk; 38 Fat; 20 1/2 Other Carbohydrates.