

ESSENTIAL TIPS FOR ICE POPS

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- Freezing diminishes sweetness, so make the mixture a bit sweeter than you would usually prefer.
- If adding alcohol, only a tiny amount of alcohol can be used or the mixture won't freeze. Two to five tablespoons of alcohol per batch of ten ice pops works fine.
- Put your freezer at its coldest setting, which keeps the ice crystals smaller (and makes the ice pop creamier). Place the ice pops at the back of the freezer where it's coldest. It will take four to eight hours to freeze, depending on ingredients.
- Leave one-quarter-inch of space at the top of the molds to allow the mixture to expand as it freezes.
- Put the filled molds in the freezer, uncovered, for about one hour, then insert the sticks so they remain upright. Or use other containers as molds (such as small wax-lined paper cups or ice cube trays). Freeze the mixture for about one hour. Then cover with aluminum foil and poke a hole through the foil with a wooden stick and continue to freeze.
- To prevent freezer burn, eat the ice pops within a week of freezing or store them in airtight freezer bags.