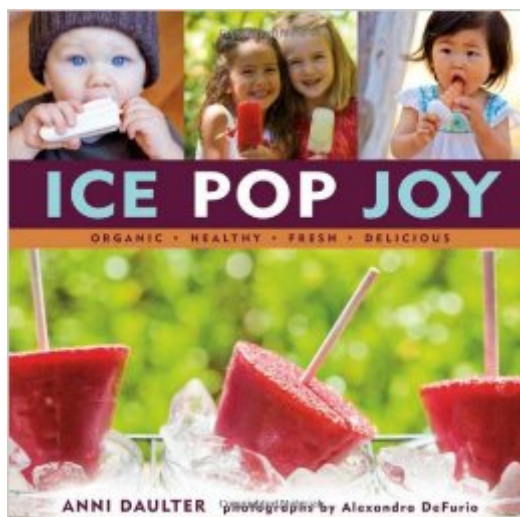


The book was found

Ice Pop Joy: Organic, Healthy, Fresh, Delicious



Synopsis

Chill out! You can indulge in deliciously sweet and juicy ice pops without consuming refined sugar and fake sweeteners. What could be better than a sticky-sweet frozen treat to cool you down on a hot summer day? How about a heavenly, fresh and wholesome ice pop that you can feel good about enjoying and giving to your kids? Using fresh, seasonal fruits; sweet, nutritious vegetables; protein-packed whole food bases; and a multitude of other exquisite ingredients, Ice Pop Joy offers recipes for scrumptious treats any time. A wide variety of pops for every taste, Ice Pop Joy offers chapters featuring pure fruit pops, veggie pops, yogurt pops, tofu pops, herbal tea pops, chocolate pops, and specialty pops.

Book Information

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Customer Reviews

I don't review a lot of items that I buy on .com, but after reading all the 'syrupy sweet' reviews here(obviously written by the authors friends/ family/ online followers, plus they all have not reviewed other books by different authors) I am going to give an honest review of the recipes we have made.1.bluebird pop- lovely but too sweet. We simply reduce the sugar.2. Sour girl pop- fantastic. Very refreshing. Not too sweet, not too sour.3. Pompalicious- Very dry and bitter. My partner likes it though.4.Cool n fresh- a lovely pop. Very refreshing and healthy.5. Pink princess- love it. Slightly bitter, but nice.6. Blackberry swirl- gorgeous.7. Classic vanilla tofu- very filling but tasty. Not too sweet.8. Rooibos red tea immunity pop- not nice. Very dry (the grapefruit) my partner did like them though. Very pretty red pops.9. Mexican spiced fire pops- absolutely horrible. Very bitter, no sweetness. I took one bite and threw them all in the bin.10. Happiness pop- As the title says. They

are creamy, not too sweet and will make you very happy indeed.11. Peace pop- I don't like these. The carrot is very overpowering and you cannot taste the mango or strawberries.12. Melon madness- my favourite pop. Very refreshing. Great on a hot summers day.13. Citrus cooler- my other favourite. Nice and sweet and a pretty yellow colour. This is the pop we make again and again.14. Island breeze- another very pretty pop, but because of the kiwi it is very bitter. The added honey does not really help to cut through the sour. We won't have these again. My partner did enjoy them though.15. Quinoa pop- an expensive pop to make, because of the quinoa and blueberries. To me quinoa tastes and smells like peanuts.

My 1.5 year old daughter loves ice pops, but I felt incredibly guilty giving her sugar-laden ones that I bought at the store (once or twice I've given her the Edy's Acai Blueberry ones which are very tasty and actually made with real fruit - but sugar is still pretty high up there on the ingredient list). Ice Pop Joy is the perfect solution for moms who want to give their kid a yummy treat, but also want to try to make it healthy. Just made my first batch - Summer Splash Tofu (strawberries, blueberries, silken tofu, oj, flaxseeds and honey). Super easy to make - it probably took 10 minutes total. I was a little worried that the flaxseeds might be overpowering when I licked the spatula after cleaning out the blender (they have a very toasty flavor), but I think the frozen pops taste great. OK, I might prefer Edy's, but these are great considering how much healthier they are. I might add a little lime juice next time as I think a little more acidity could help - but that could be my fault as my measurements weren't really precise - the recipe makes 24 oz, but I added a little extra to fill all my popsicle molds (10 3oz pops - this one Norpro Ice Pop Maker). Can't wait to try another recipe. They all look good. As a side note, I love the recipes and the photography is gorgeous--my daughter even loves flipping through the book herself. However, the author is a little preachy for my taste. I'm pretty into being green and eating organic foods and all that (we cloth diaper, belong to an organic veggie CSA, etc.), but even I find her tone to be a little much.

Just in time for summer, Anni Daulter has composed another fabulous, healthy recipe book for children but this time the focus is all about frozen delights. I was more than happy to test a few recipes on the girls for a fun book review of Ice Pop Joy. Like Daulter's other book, Organically Raised: Conscious Cooking for Babies and Toddlers, you will find mouthwatering images of the ice pops being held by equally gorgeous children. The photography is always one of the most delightful parts of Daulter's books. The book is sectioned by main ingredients and includes pure fruit pops, veggie pops, yogurt pops, tofu pops, herbal tea pops, chocolate pops and more. Daulter includes a

wide variety of healthy ingredients including natural sweeteners and a huge variety of healthy fruits, nuts, grains and vegetables. In order to properly review Ice Pop Joy, I let Brielle, Bianca and our little hostess here in Florida each pick a recipe. Brielle picked Goo Goo Ga Ga (apples, mangoes and yogurt), Bianca picked Treehouse Pop (high protein nut butters) and Kaylee picked Rock Star (strawberries, kale, blueberries, wheat germ). Prior to our trip, I ordered a few cool popsicle molds Orka A47221 Ice Pop Molds, White Base because the book features popsicles created from a variety of molds in the book and it really seems to add to the visual interest of the popsicle. The first thing I noted about the recipes is the cost involved.

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