



Homemade Frozen Fudgesicles

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

YIELD : ABOUT 10

PREPARATION: 20 MINUTES

FREEZING : 6 HRS OR LONGER

INGREDIENTS

- 75 g (2/3 cup) maple sugar
- 105 g (3/4 cup) cocoa
- 52.5 ml (3 1/2 tbsp) cornstarch*
- 500g (2 cups) plant-based milk substitute
- 15 ml (1 tbsp) margarine
- 2.5 ml (1/2 tsp) vanilla extract
- 1 egg yolk, beaten**

PREPARATION

1. In a medium saucepan, combine maple sugar, cocoa and cornstarch.
2. Whisk in the plant-based milk substitute.
3. Over medium heat, bring the mixture to a boil, stirring constantly with a whisk. Make sure the mixture does not stick to the bottom of the pan.
4. Simmer until thickened, stirring. Remove from heat and whisk in margarine, vanilla and egg yolk (it is important to whisk by adding the egg yolk, to prevent it from cooking on contact with heat).
5. Simply freeze the mixture in ice lollipop moulds and you're done.
6. Allow to freeze for a minimum of six hours.



This recipe doubles easily to make a larger quantity because they will vanish in plain sight!

TIP

* Opt for organic cornstarch, which is GMO-free.

VARIATION

** For a vegan version, simply omit the egg yolk.