



PREP TIME: 25 minutes
COOK TIME: 0 minutes
TOTAL TIME: 25 minutes
+ 3 hours chilling time
+ 45 minutes standing time
MAKES: 10 servings
(each 125 mL)

NUTRITION INFO - PER 1 POP (125 ML)

Calories 100	Fibre 3 g
Protein 1 g	Sugars 12 g
Fat 0.4 g	Sodium 40 mg
Carbohydrate 23 g	

ThickenUP[®]
clear

Fudgy Banana Sweet Potato Pops

INGREDIENTS

- 5 dates, pitted and chopped
- 1 ½ cups (375 mL) puréed bananas
- 1 cup (250 mL) mashed cooked sweet potatoes
- 3 tbsp (45 mL) cocoa powder
- 2 tbsp (30 mL) honey
- 1 tsp (5 mL) vanilla extract
- 20 scoops (80 mL/28 g) ThickenUp[®] Clear



DIRECTIONS

1. In bowl, combine dates and 2 1/2 cup (625 mL) water. Let stand for 30 minutes to let dates soften slightly.
2. Add water-date mixture, bananas, sweet potato, cocoa powder, honey and vanilla to blender; blend on high for 1 minute or until very smooth. (You should have 5 cups/1.25 L of the mixture; add more water if needed.)
3. In small bowl, measure 20 scoops ThickenUp[®] Clear. Add to blender with pop mixture. Blend on low speed for 30 seconds. Allow 15 minutes to reach desired consistency (this will be the final consistency of the pop, even if it melts slightly). Pour into ten 1/2 cup (125 mL) ice pop moulds. Freeze for 3 to 5 hours or until set.

Note: For IDDSI LEVEL 2, in small bowl, measure 10 scoops ThickenUp[®] Clear.

^ΔRefer to www.IDDSI.org