



Peanut Butter Pudding Pops

Savannah · 29/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

4 hrs 20 mins

Description

I created this recipe after my daughters pediatrician bugged me about her being too skinny That was 8 years ago but the kids still love to eat these rich and creamy pops Watch out not only are they pretty high in fat and calories they should probably be eaten outdoors or with a wash cloth handy

Ingredients

— - 1 ½ cups whole milk - 3 tablespoons white sugar - 2 tablespoons cornstarch - 1 pinch salt - 1 teaspoon vanilla extract - ¾ cup peanut butter

Instructions

1. In a saucepan over medium heat
2. heat milk until bubbles form at edges. In a bowl
3. combine sugar
4. cornstarch and salt. Add 1/4 cup of the hot milk to the cornstarch mixture
5. then whisk well until all the liquid is incorporated and there are no lumps. Pour the cornstarch mixture into the milk
6. whisking to combine. Continue to cook and stir until mixture thickens enough to coat the back of a metal spoon
7. about 8 to 10 minutes. Do not boil. Remove from heat
8. stir in vanilla extract and peanut butter. Pour the pudding into the pop molds to within 1/4 of the top
9. leaving room for the pudding to expand. Place the tops on the mold and freeze until frozen solid
10. about 4 hours. To remove from molds
11. run under hot water to slightly melt the side of the pudding pop
12. then twist the stem top and remove. Cook's Note If you really want to fatten up a skinny kid
13. make up a batch of vanilla Carnation Instant Breakfast (milk with the powder)
14. then use that in place of the plain milk. Wow! Talk about rich taste and high calories!