

## Perfectly Safe Popsicles

### Supplies:

1. Popsicle mold
2. Plastic wrap or “sticky” plastic wrap
3. Popsicle sticks\*
4. Juice, Gatorade®, lemonade or other sweetened drink
5. Thicken-Up® Clear or other clear thickener



**DO NOT make these with regular starch-based instant food thickeners!**

**They do not melt to a safe consistency.**

**Use only a clear thickener.**

### For Nectar Thick:

1. Place four ounces of chosen liquid into a glass measuring cup, add one scoop of ThickenUp® Clear and stir until powder is completely dissolved.
2. Set aside and allow to thicken for at least five minutes.
3. Stir and check for correct consistency, adjust as needed.
4. Pour thickened liquid into popsicle mold.
5. Cover with plastic wrap (I like to use “sticky” plastic wrap like Glad Press n’Seal®). Cut a slot in the plastic wrap over each portion. Insert a popsicle stick\* into each slot.
6. Freeze overnight.
7. When you are ready to unmold, briefly run the mold under warm water to release the Popsicle.
8. Enjoy!

### For Honey Thick:

1. Place four ounces of liquid into a glass measuring cup, add two scoops of ThickenUp® Clear and stir until powder is completely dissolved.
2. Set aside and allow to thicken for at least five minutes.
3. Stir and check for correct consistency, adjust as needed.
4. Pour thickened liquid into popsicle mold.
5. Cover with plastic wrap (I like to use “sticky” plastic wrap like Glad Press n’Seal®) and cut slot in the plastic wrap over each portion. Insert a popsicle stick\* into each slot.
6. Freeze overnight.
7. When you are ready to unmold, briefly run the mold under warm water to release the Popsicle.
8. Enjoy!

\*Instead of popsicle sticks, use plastic spoons or plastic forks which are easier to hold.

\*\*You may need to thicken more than four ounces of liquid,  
depending on the size of your popsicle mold.\*\*

Popsicle molds are available at many grocery stores, Target and Walmart.

ThickenUp® Clear and other clear thickeners are available at pharmacies like CVS and Walgreens.