Summer Popsicles with CBTV Live

Chapter 1 - Chapter 1
Popsicles
(upbeat electronic music) - Hey everybody, welcome to Creativebug. We're coming at you live like we always do on Tuesdays and Thursdays, which means that you can write in and ask us questions, so please feel free to do so. Or maybe you have some memories or comments to share about the craft that we're doing. Today it's Popsicles, because summer is officially upon us, although it's not that sunny today. Usually in the hot weather I love to have Popsicles in the afternoon, it's kind of a creativebug tradition. And I thought it would be fun to try to make some of my own. So I'm going to walk you through a few recipes, some that are super basic and ready to go and a few that take a few extra ingredients but that you can make in advance and enjoy in just a couple of hours. Now, there are all kinds of Popsicle molds you can use. I'm using one by Tovolo. I picked this up at the hardware store. It comes in these fun little star shapes. But you'll see some other ones that I have already prepared and I'll show you some different molds as well. Just go to your local hardware store, possibly your local drugstore, check out those end caps that have all that fun summer stuff because you're not necessarily going to find this everywhere year round, but in the summertime these will definitely be available. The first Popsicle recipe is very, very simple. I'm just going to use a good-quality store-bought lemonade. This one's from Trader Joe's. And I'm going to throw in a few frozen berries. You could do fresh berries also. You can pick whatever kind of fruit that you like. And this is by far the simplest. I'm only going to do three of these because we're going to leave some more for later. I'll leave a little bit of room at the top so I can add a few berries. (pours lemonade) Just going to start with three. (tightens cap) Now I let my berries thaw a little bit. I actually don't recommend doing this. I would keep them frozen. But I need them to be soft for something a little bit later. So you can just drop in a few berries and these will taste good, but mostly they're going to impart a really beautiful pink color into your Popsicle and that's why I'm using them. Because they make this really beautiful hot pink Popsicle. So this is a step that you can change or add to. You could even use a little bit of the berry juice. You could try this with a pink lemonade instead. That's the cool thing about Popsicles, is it's very forgiving and it's fun to just play with what you have on hand. I'm going to add a little splash more lemonade to this one. Hopefully Dylan is getting that shot and you can see how pretty the berries are, even before it's frozen. The handle and stick are one component and they just get placed right on top. Easy peasy. I'll actually turn this around for when we do our next Popsicle, which is a little more complex but still a pretty easy one. And I'm going to show you how to mix it. This is really fun because it tastes like a piÃ3a colada. I have one bag of frozen pineapple that I've let thaw. You could use fresh pineapple, that would work really well. You could use canned or crushed pineapple, whatever you have on hand. I like using the frozen because it feels fresh even when it's out of season and it's a fun thing to use. And then I have one can of coconut milk. You can see that there's a Trader Joe's near us, right? All my materials came from Trader Joe's. But just your local grocery store. Make sure you get the full-fat coconut milk and this is the kind that has the cream in it so it's not the coconut beverage, it's not coconut water, although you could of course experiment with coconut water, that would probably make a really great Popsicle. We're going to put this in a blender, sorry, rather, a bowl. And I'm going to use an immersion blender. But you could definitely do a food processor. (opens can lid) Now be careful. This is actually quite stiff. This is like the coconut oil on the top and you don't want to slash yourself.

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(milk pouring) So for this recipe, I just use one can of the coconut milk, the full-fat kind like I mentioned, and then one bag of frozen fruit thawed out. And I'm using pineapple, but you could try this with peaches, cherries would be really good with coconut, you could do mixed berries. Whatever your heart desires. It's just two ingredients so it's really easy to experiment with some different flavors here. It's not beautiful quite yet, but it will be. I just bought this immersion blender, and you have to press this little lock first, unlock. So let's see how this goes. (blends fruit) It's supposed to be pureeing everything, hopefully you can see that. (blender noise) Ah! (blender noise) Give it a good mix. (blender noise) All right. Fully blended. Let's put that off to the side. Now you may want to taste this. Depending on how sweet your fruit is, you may want to add a little bit of honey. Usually it's pretty good. It's perfect. Tastes just like a piÃ3a colada. Don't add liquor because it won't freeze. Have your liquor later. All right. So this is ready, and we're just going to pour it in using a little measuring cup. - [Crewmember] We have our first question. - [Courtney] Yep. - [Crewmember] Brianne is asking, "Any tips on preventing the liquid from splashing when using an immersion blender?" - [Courtney] Hi Brianne, thanks for tuning in. We love all your questions and comments. You know, ideally I would probably use a food processor to avoid that, especially if I was working with a lot of liquid. We just don't happen to have one here in the creativebug kitchen. We have an immersion blender. So a deeper bowl would work. I'm wearing an apron, you can see, to prevent any crazy splashing. But I know when I used to make whipped cream as a kid with my mom's hand blender, we would put a kitchen towel over the bowl as we whipped so that you wouldn't be splattered like a Jackson Pollock painting with whipped cream. All right. So you do want to fill it pretty close to the top, because this little guy has to really connect to your frozen material here, so that when you pull this out later as it freezes, the Popsicle is coming all the way up to the full amount of the stick. Otherwise you might be left with your Popsicle in the mold and a stick that doesn't have anything on it. I'm not adding berries to this but you could. You could play with some toasted coconut, that would be really yummy and give you some texture. You could throw in some cocoa nibs. Now this needs to go into the freezer. I tried freezing mine for just an hour and that wasn't quite enough. I would recommend letting it sit for three or four hours. You can test it. If you pull up and your Popsicle doesn't come with the stick, then it needs to stay in the freezer a little bit longer. So I'm going to show you some Popsicles that I've made. And then we might try one more together. I have a little cooler. All right. So this is also one of those, this is a Zoku mold. I also got this from the hardware store. And this is the lemonade with the berry, and you can see how pretty that is. So pretty. Now there's actually a little plastic mold on top of this, so the best way to release your Popsicles I find is just running them under the sink with some warm water. We don't have a sink here so I'm going to just do this. (water pouring) Hopefully that will be enough. Is it hot enough? We might need more hot water. (water pouring) (gasps) There they go. Mmm. It's delicious. This is just the lemonade with the berry, and surprisingly it's got enough sugar and enough concentrate that, even while it's frozen, has delicious flavor. I actually love how these molds now come with these individual pops, so it comes in a stand but then you can remove these individual ones so if you want to pack them in a little cooler for a picnic or something you can. And you can just give out one or two Popsicles at a time. So delicious. We actually have some cold brew in the office and I was telling Brian that we should make some cold brew Popsicles. Now I want to show you another kind. If you don't have a Popsicle mold, I went to my local Jo-ann's and I found this. This is for cake pops. But I thought it would be fun to do small, little micro-Popsicles so that you could have maybe a few different flavors and not eat an entire Popsicle every single time. This one is a little bit more advanced technique. So I used my immersion blender and I did one full thing

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of yogurt, I think this is 32 ounces. Yogurt. About five tablespoons of a smooth peanut butter. Four tablespoons of a delicious honey. You could use agave, too. Best of all: some chocolate chips. And I also threw in a banana, and I did all that immersion blending, and then I did it in this little silicon mold and I used some coffee stirrers as my Popsicle sticks. I didn't have any Popsicle sticks. So these are like those ice cube trays, kind of. You can just pop that out. Now I recommend, because this isn't the most pretty thing, checking out Liana's Magic Shell livestream, because she shows you how to make your own chocolate magic shell. You could drizzle that on top and this would be a delicious afternoon treat. While the chocolate is still hot, you could sprinkle some nuts on it and it would be like a little mini Drumstick but a lot better for you. Now I was having some issues with my coffee stirrers staying upright. So I actually sliced a banana, can you see that? And just stuck my coffee stirrer right through the banana and put that into the pop, and that kept my stirrer upright so that I have really nice clean-looking Popsicles. Aren't those fun? I also did a mango and coconut. That's another delicious one. Let's try it. Hopefully I have enough hot water here. I definitely recommend rinsing it under the sink. You just need a few moments, but it needs to be really hot. I'm not sure how hot this is anymore. (water pouring) You could also just take these out of the freezer and let them sit on your counter for a few minutes. There we go. Look how pretty that is? This is another one of those Tovolo molds. Again, it comes with those individuals and a stand, so you can throw this in a lunchbox. (bites into Popsicle) (chewing) So good. And so healthy! I actually had a lot of mixture left over. This is what you can add with your alcohol. So that's for your adult beverage after you have a Popsicle. And I was going to show you -- - [Crewmember] Courtney, I'm sorry. Can you again state what you can put alcohol into? - Actually I think any of these coconut milk plus fruit blends would be really good with a little bit of alcohol, if you're doing something more like a slushie. Because alcohol doesn't freeze, you can't put a lot of it and then expect a Popsicle. That doesn't quite work. But you can definitely make a slushie. So this one happens to be the mango and coconut milk combo. I did the pineapple and coconut milk combo. Both of those would be really good with some rum in them. Try some different things. I think these lemonade and berry ones would be delicious with some vodka. Why not? So I was thinking about another recipe, how I could use my leftover yogurt and some chocolate pudding. (opens lid) This is some chocolate pudding, store-bought. I didn't even have to make it. So filling these little tiny molds are super easy. You can just put a dollop in here. You can actually layer in some yogurt, too, if you want to be like, "Decadent layer, healthy layer, "decadent layer, healthy layer." Oh, that's the rest of my peanut butter. This is my fresh yogurt. You could also play with blending fruit into your yogurt first, if you're going to make Popsicles for little kids, or just a healthy snack for yourself. You could do another pudding layer. Now because my pudding's a little bit thicker than my yogurt, I'm probably going to want to to give these a little tap and get out all the air bubbles so everything layers really nicely. And these will be really fun, too, because when they come out they'll be striped. (taps mold) Now the reason I did not freeze my berries is because instead of banana, I was going to try to do a berry through my coffee stirrers, so let's see how this turns out. Strawberries are a little bit too big because I filled those really large, right up to the brim here, so let's try a blackberry. I think that would be good. If they were frozen it would be harder for me to put that through. Oh yeah, the berry works great. I wouldn't use something like an apple because I think that's going to do discolor as it freezes, but the berries are great, the bananas froze really nicely. You can see how well that keeps your skewer up. So in this case, the berries can't be frozen because you wouldn't be able to put your skewer right through there. All right, we're going to pop those in the freezer and see how they turn out. Unfortunately you don't get to join us for that, but you did get to see some other

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Popsicles. You can try playing with different kinds of molds. Mix up your ingredients. Try what you like. Add chia seeds. Add nuts to it, if you want. Not for Brian. He can't have the nuts. But these are all really delicious, and if you have extra slushie, just add a shot of vodka. See you guys on Thursday. (upbeat electronic music)

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