

Paletas de Pastel de Zanahoria y Horchata ~ Carrot Cake Horchata Popsicles



Makes 10 paletas

Horchata Base

- ¼ cup long grain white rice
- 2-inch piece, Ceylon (Mexican) cinnamon
- 1 cup cool water

→ Soak for 8-24 hours. Pour all ingredients in a blender and blend on high speed for 2 minutes or until well combined. Strain through a fine-meshed strainer and discard rice/cinnamon.

- 1/3 cup sour cream
- 1 tsp honey
- 2 TBSP granulated sugar
- ½ tsp Mexican vanilla extract

→ Pour the rice/cinnamon milk back into the blender and add the rest of the ingredients. Blend on high speed for 1 minute to combine.

→ Pour in a bowl and refrigerate for at least one hour.

Carrot Cake Base

- 3 carrots, peeled and cut into coins

→Place carrots in a small saucepan and cover with water. Bring to a simmer over low-medium heat, and simmer for 10 minutes.

→Remove from heat and strain the liquid. Place soft carrots in blender and let cool for 10 minutes.

- 1 ½ cups whole milk
- 1 ¼ tsp cinnamon*
- ¼ cup pure maple syrup or honey

→Add all of the ingredients in the blender with the cooked carrots. Blend on high speed for 2 minutes until well combined.

→Pour into a bowl and refrigerate for at least one hour.

Assembly

- [Popsicle mold](#)*
- Ten popsicle sticks

→Fill a popsicle mold about halfway with the carrot mixture. Pour the horchata mixture on top.*

→Freeze for 3+ hours.

→To remove the paletas from the mold, dip the mold in warm water for 20+ seconds. Wiggle each popsicle to remove from the mold.

→Place the popsicles on a parchment lined baking sheet and place in freezer to firm up. Enjoy!

NOTES:

- I used Cassia cinnamon for this part to provide a different flavor than the horchata.
- I did about half of my paletas with the carrot mixture on the bottom and the other half with the horchata on the bottom. I like the mix of the two. I don't freeze the mixtures in between because I like that they swirl together a little bit.
- I used [this popsicle mold](#).

