



Cooking

Ice Pop Joy: Organic, Healthy, Fresh, Delicious

Anni Daulter

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According to the Centers for Disease Control, childhood obesity has tripled in the past thirty years and recent numbers state that 12.5 million kids ages two to nineteen are obese, a stunning 17% of the population. Chef Boyardee® hits the mark with its new ad campaign, “Obviously delicious. Secretly nutritious.” This is nothing new to parents who struggle daily to include fruits and vegetables in their children’s diets*. *Ice Pop Joy*,* by Anni Daulter, is filled with recipes that make fruits and vegetables irresistible and downright yummy.

Daulter’s “Positive 4 Rule” is that frozen treats can be organic, healthy, fresh, and delicious and that ingredients should not be hidden from children. In fact, Daulter advocates for involving kids in the selection of ingredients and the making of the pops.

When it comes to tools required to make her recipes, the author provides a comprehensive list and urges the reader to purchase plastic moulds that are toxin-free. Most ingredients are easy to come by, though, depending where you live, raw Agave nectar and coconut sugar are best sourced at health food stores. Wooden Popsicle sticks are readily available at crafts stores. For those who prefer the high- tech option there are electric popsicle makers that whittle the process down to seven minutes and are kid-friendly.

Ice Pop Joy’s photography, by Alexandra DeFurio, is refreshing and colorful, encouraging the reader to take action and whip up a few recipes. The pops jump off the page tantalizing the palate and activating a sense memory. Readers are enticed to make a quick list of ingredients, hurry off to the nearest grocery store and be prepared for a fun after-school activity.

The text and recipes are clearly written and the large type makes it ideal to prop up the book as one concocts the delicious Peanut Butter & Chocolate Classic, Melon Madness, or Pink Princess options. Daulter offers ideas for subtle alterations, including substituting almond butter in lieu of peanut butter and exploring different types of chocolate. Her challenges enrich the experience by gently nudging the reader to expand the recipes to fit one's personal taste.

A self-proclaimed "eco-mama," Ms. Daulter is founder of the organic baby food company, Bohemian Baby. She is the author of *Organically Raised: Conscious Cooking for Babies & Toddlers*.

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