

# Pulses to Popsicles

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Video courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [MB Pulse & Soybean Growers](#)



4:08

## When Urban and Rural Collide: The Story of One Manitoba Farm Family

Toban & Jamie Dyck didn't always want to be farmers. Despite having grown up on a farm, Toban was eager to leave the small town and make a life for himself in the city. They lived in downtown Winnipeg and Toronto for many years before making the decision to move home to his family farm to try and build a healthy lifestyle that gave them the best of both worlds.

<https://www.youtube.com/watch?v=nAwDLBuwHVI>



**Pulses** are edible seeds from the legume family including beans, peas, chickpeas and lentils. They are a good source of protein, very high in fibre, and low in fat. Pulses provide substantial amounts of vitamins and minerals including iron, potassium, magnesium, zinc, and folate. Pulses are also nitrogen-fixing crops that improve the environmental sustainability of cropping systems.

### LEARN MORE:

[snapAG: Global Protein Consumption](#)

[snapAG: Protein and Nutrition](#)

[Manitoba Pulse & Soybean Growers](#)

## Creamy Blueberry & Lentil Lime Popsicles

### Ingredients

|          |                          |
|----------|--------------------------|
| ½ cup    | cooked split red lentils |
| 1 Tbsp   | grated ginger            |
| 1 cup    | vanilla Greek yogurt     |
| 1 ½ cups | fresh blueberries        |
| 2        | limes, juice and zest    |
| ⅓ cup    | sweetened condensed milk |

### Method

#### Step 1

1. Place all ingredients into a blender or food processor. Puree until smooth and transfer to popsicle holds.

#### Step 2

2. Freeze 4-6 hours.

#### Step 3

3. Once popsicles are fully frozen, dip the base of the molds in warm water for a few seconds. This will help with releasing the popsicles.

#### Step 4

4. Serve immediately and enjoy!



6:38

<https://youtu.be/fQp6mytAna4>

Servings **8** | Total time **4 hr 10 min**

Grown by Manitoba Farmers