HalleyResources

208 West 29th Street
Room 609
New York, NY 10001

www.halleyresources.com
info@halleyresources.com
+1-212-206-0901

VICTORIA ESCALLE / FOOD / SWEET

NOURISH
sweet
REWARDS
Chef and yogi Candice Kumai shares 'clean' treats that make the most of fall's bounty.
Story by Candice Kumai • Photographs by Jennifer Olson

K&T
FOOD/DRINKS
A Great Icebreaker
Make these frozen pops for a back-yard bash and you'll see why North Carolina's ace of ice, Lexington, has spawned so many imitators. If Gouda
1
Mango-Chile Pops
INGREDIENTS:
1 lb very ripe mangoes
¼ cup water
¼ cup sugar
¼ tsp cayenne pepper
or more to taste
Peel the mangoes, cut the flesh from the pits, and puree with the remaining ingredients. Pour the mixture into pop molds and freeze for 4 hours. To serve, put the molds in hot water for a few seconds and remove the pops.
Makes eight 4-oz pops