

Directions continued:

3. With damp hands, form the crumbled cake mixture into 12 to 15 compact carrot-shaped logs, about 8 inches long. Put on a parchment-lined baking sheet.
4. Carefully insert a skewer into each carrot, reshaping as needed. Freeze until firm, about 30 minutes.
5. Melt the orange and red candy melts together in a large bowl in the microwave in 30-second intervals, stirring, until smooth.
6. Transfer the melted candy to a shallow baking dish. Working quickly, dip the cake pops in the candy melts, turning to coat, then return to the baking sheet to set.
7. Once set, use a skewer or toothpick to etch horizontal lines in the coating.
8. Brush the carrots with cocoa powder, making sure it gets into the etched lines.
9. Remove the skewers from the carrots. Use extra melted candy to attach a piece of green licorice to each; let set.

Nutritional analysis per serving:

Calories 354 calories
Total Fat 16g
Saturated Fat 8g
Carbohydrates 50g
Dietary Fibre 3g
Sugar 29g
Protein 3g
Cholesterol 0mg
Sodium 188mg

Carrot Cake Pops

Source: Food Network Magazine