

## Chinese Mung Bean and Red (Adzuki) Bean Popsicles

<http://userealbutter.com/2010/07/22/chinese-mung-bean-popsicles-recipe/>

1 cup mung beans, dried  
8 cups water  
1/2 cup sugar

Give the beans a rinse and place in a 3-4 quart saucepan with 8 cups of water and bring to a boil. Reduce the heat to a simmer and partially cover the saucepan. Let simmer for 1.5 hours or until the beans are soft. Remove from heat and stir in the sugar (adjust to your liking). When the soup is cooled, place half or all of the soup in a blender (depending on if you want whole beans or not) and purée until smooth. You can enjoy the soup warm or cold (add tapioca pearls like we did for the [red bean soup](#)). OR you can freeze the soup (without tapioca pearls – I think that might be hard to eat frozen) in shot glasses or popsicle molds. For shot glasses, fill the vessel nearly full and freeze for about 20 minutes. You want to insert popsicle sticks when the soup is partially frozen (it will take longer than 20 minutes if your glass is larger – that heat capacity thing, you know) so the stick will remain where you put it and not sink to the bottom. Let the popsicle freeze completely. To remove, just let the glass warm up in your hand or run under warm water until you can release the popsicle from the glass. Makes a lot of little shot glass popsicles (like at least 2 dozen vodka shots).