



Frozen Pudding Pops

Makes 6 pops

Treat for Kids of ALL ages

INGREDIENTS

2 cups fat free (or 1% milk)

1 small box instant pudding

- Prepare pudding according to package directions.
- Spoon into small paper cups and insert popsicle sticks or plastic spoons.
- Freeze until solid (about 5 hours).

Nutritional information:

Calories: 99

Fat: 0g

Saturated fat: 0g

Cholesterol: 1.5g

Carbohydrates: 21 g

Protein: 2 g

Recipe adapted from Sparkpeople.com