

Farm Market Recipe



Strawberry Swirl Cheesecake Ice Pops

Ingredients:

- 1 cup chopped fresh or frozen strawberries, thawed
- 2 tablespoons sugar (see Tip)
- 1 (4-serving size) package fat-free, sugar-free, reduced-calorie cheesecake instant pudding mix
- 2 cups fat-free milk
- 1 cup frozen light whipped topping, thawed
- ½ cup crushed graham crackers
- 1 tablespoon butter, melted

Directions:

1. In a food processor or blender combine strawberries and sugar. Cover and process or blend until smooth. In a medium bowl whisk together pudding mix and milk 2 to 3 minutes or until thick. Fold in whipped topping.
2. Spoon pudding mixture into eight 5-oz. paper cups or ice-pop molds. Top with pureed strawberries; swirl slightly to marble. In a small bowl combine graham crackers and melted butter. Top strawberry layer with crumb mixture.
3. Cover each cup with foil. Cut a small slit in foil and insert a wooden stick into each pop. If using, insert sticks into molds. Freeze overnight or until firm.

Tip: If using sugar substitute, choose Splenda Sugar Blend. Follow package directions to use 2 Tbsp. equivalent.

Nutrition Per Serving with Substitute: same as below, except calories 95, carb 15g, sugars 7g.

Nutrition Facts:

Servings: 1 popsicle Serving Size: 8 popsicles

Per Serving: calories 99; protein 2g; carbohydrates 16g; dietary fiber 1g; sugars 9g; total fat 3g; saturated fat 2g; cholesterol 5mg; calcium 81mg; iron 0mg; sodium 197mg.

Recipe originally appeared in Diabetic Living Magazine