

Dessert

Coconut Pineapple Pops

Taste of Home Website

Servings: 14

Preparation Time: 10 minutes

1 1/2 cups cold 2% milk

1 can (8 oz) unsweetened crushed pineapple

1 can (6 oz) unsweetened pineapple juice

1 teaspoon coconut extract

1 package (3.4 oz) instant vanilla pudding mix

14 popsicle molds or plastic cups (3 oz ea)

14 popsicle sticks

In a blender, combine the milk, pineapple, pineapple juice and coconut extract.

Cover and process until smooth.

Pour into a bowl. Whisk in the pudding mix for 2 minutes.

Pour 1/4 cup into each cup or mold.

Insert the popsicle sticks.

Freeze until firm.

Per Serving (excluding unknown items): 10 Calories; trace Fat (1.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.