

Dessert

Fudgy Almond Pops

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Servings: 8

Freezing Time: 4 hours

2 cups whole milk

1 package (3.9 oz) instant chocolate fudge pudding mix

1/2 cup sugar

1/2 cup refrigerated amaretto nondairy creamer

1/8 teaspoon almond extract

In a bowl, whisk the milk, pudding mix, sugar, nondairy creamer and almond extract for 2 minutes or until creamy.

Pour into eight ice pop molds or paper cups (3 oz each).

Top the molds with holders or insert wooden sticks into the cups.

Freeze for 4 to 6 hours or until solid.

Per Serving (excluding unknown items): 86 Calories; 2g Fat (20.9% calories from fat); 2g Protein; 15g Carbohydrate; 0g Dietary Fiber; 8mg Cholesterol; 30mg Sodium. Exchanges: 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.