

**Dessert**

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# **Lemon & Cream Pops**

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**Servings: 8**

**Freezing Time: 8 hours**

**1 can (14 oz) sweetened condensed milk**

**1 cup whole milk**

**1/2 cup fresh lemon juice**

**1/3 cup sugar**

**1/2 teaspoon grated lemon peel**

In a bowl, whisk the condensed milk, whole milk, lemon juice, sugar and lemon peel until the sugar is dissolved.

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 6 to 8 hours or until solid.

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Per Serving (excluding unknown items): 177 Calories; 4g Fat (21.4% calories from fat); 4g Protein; 32g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 64mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 1 Fat; 2 Other Carbohydrates.