

Oreo Pudding Pops

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Servings: 16

1 box (6 ounce) instant chocolate pudding

1 box (6 ounce) instant vanilla pudding

6 cups 2% reduced-fat milk

1/4 cup (8 whole cookies) Oreo cookies, crushed

Prepare the chocolate and vanilla puddings separately according to package directions.

Mix one-half of the crushed cookies into the chocolate pudding and the other one-half into the vanilla pudding.

Fill popsicle molds with layers of alternating chocolate and vanilla pudding.

Insert a popsicle stick into each mold. Freeze until solid, three to four hours.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Grilled

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	0g		
Dietary Fiber (g):	0g		
	0g		

Food Exchanges

Grain (Starch):	0
	0

Protein (g):
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrates	0g		0%
	Dietary Fiber	0g	0%
Protein	0g		

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.