

Dessert

Berry White Ice Pops

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Servings: 10

Freezing Time: 4 hours

1 3/4 cups whole milk

1 tablespoon honey

1/4 teaspoon vanilla extract

1 package (12 oz) frozen mixed berries, thawed and drained

In a bowl, whisk together the milk, honey and vanilla extract.

Evenly divide the berries into ten ice pop molds or paper cups (3 oz ea).

Pour the milk mixture over the berries.

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): 33 Calories; 1g Fat (38.2% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 21mg Sodium. Exchanges: 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.