

Coconut Pineapple Pops

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Servings: 14

1 1/2 cups cold 2% milk

1 can (8 ounce)

*unsweetened crushed
pineapple*

1 can (6 ounces)

*unsweetened pineapple
juice*

1 teaspoon coconut extract

1 package (3.4 ounce)

instant vanilla pudding mix

*14 plastic cups or popsicle
molds (3 ounces ea)*

14 popsicle sticks

Preparation Time: 10 minutes

Freeze Time: 6 hours

In a blender, combine the milk, pineapple, pineapple juice and the 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 popsicle sticks.

Freeze for six hours or 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.