



'King of Rock' Frozen Pudding Pops

Shine 365
Marshfield Clinic

PREP TIME: 10 minutes • **FREEZE TIME:** 5 hours • **SERVINGS:** 6

INGREDIENTS

- 2 cups cold skim milk
- 1 3.5 ounce package sugar free instant banana pudding mix
- 1 ½ teaspoons warm peanut butter
- 6 small paper cups or molds
- 6 wooden ice pop sticks

INSTRUCTIONS

Pour the cold milk into a large bowl; whisk the pudding mix into the cold milk until dissolved, about 2 minutes. Allow to rest until nearly set, 4-5 minutes.

Mash the peanut butter into the pudding; stir to distribute the peanut butter evenly throughout the mixture. Spoon the mixture into molds, tapping the mold on a hard surface to allow any air bubbles to escape. Store in freezer until completely frozen solid, 5 hours to overnight.

NUTRITION INFORMATION

Each serving contains about 85 calories; 1 g total fat; 8 g carbohydrate; 0 mg cholesterol; 3 g protein; 0 g dietary fiber; 252 mg sodium.