

Vanilla Pudding Pops with Strawberry-Basil Ribbon



This sweet pudding pop recipe is actually a fun craft project you can make with your young children--they'll love to help mix the ingredients, line up the paper cups, layer in the different mixtures, and pop in the craft sticks. The most difficult part may just be waiting for them to freeze!

By DIABETIC LIVING MAGAZINE

Active: 25 mins

Total: 5 hrs 10 mins

Servings: 8

Nutrition Profile: ?

Egg Free

Nut-Free

Diabetic Appropriate Gluten-Free

Heart Healthy

Low-Calorie

Low Carbohydrate

Low Fat

Low Sodium

Vegetarian

Ingredients

- | | |
|---|--|
| <input type="checkbox"/> 1 4-serving-size package fat-free sugar-free reduced-calorie vanilla instant pudding mix | <input type="checkbox"/> 1 cup fresh or thawed frozen strawberries |
| <input type="checkbox"/> 2 cups cold fat free milk | <input type="checkbox"/> 2 tablespoons granulated sugar (see Tip) |
| <input type="checkbox"/> 1 teaspoon vanilla | <input type="checkbox"/> 1 teaspoon lime juice |
| <input type="checkbox"/> 1 cup frozen light whipped dessert topping, thawed | <input type="checkbox"/> 2 tablespoons chopped fresh basil |

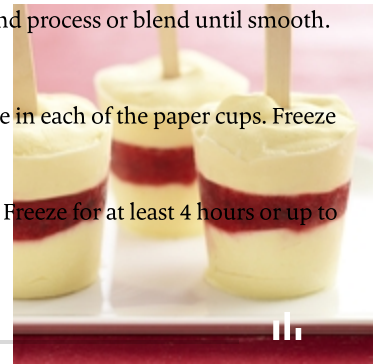
Directions

Combine pudding mix, milk, and vanilla in a medium bowl; whisk for 2 to 3 minutes or until thickened. Fold in whipped topping. Pour 1/4 cup of the pudding mixture into a 5-ounce paper cup to fill about one-third full; set aside the remaining pudding mixture. Drop the cup onto a countertop several times to help the mixture settle into the cup in an even layer. Repeat with the remaining cups. Freeze for about 15 minutes or until beginning to set.

Meanwhile, combine strawberries, sugar, and lime juice in a food processor or blender. Cover and process or blend until smooth. Stir in basil.

Evenly spoon about 1 1/2 tablespoons of the strawberry-basil mixture over the pudding mixture in each of the paper cups. Freeze for about 30 minutes more or until firm.

Divide the remaining pudding mixture among the paper cups. Insert a craft stick into each one. Freeze for at least 4 hours or up to 24 hours or until solid.



Tips

Tip: We do not recommend using a sugar substitute for this recipe.

Equipment: Eight 5-ounce paper cups, eight flat wooden craft sticks

Nutrition Facts

Serving Size: 1 Pop

Per Serving:

72 calories; 1.1 g total fat; 1 g saturated fat; 1 mg cholesterol; 168 mg sodium. 127 mg potassium; 13.4 g carbohydrates; 0.4 g fiber; 8 g sugar; 2.2 g protein; 162 IU vitamin a iu; 11 mg vitamin c; 8 mcg folate; 79 mg calcium; 10 mg magnesium;

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Exchanges: Starch