



STRAWBERRY CHEESECAKE POPS

SERVES: 6 (1 pop each) Prep Time: 5 min. + 3 hours to freeze Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1

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|------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ¼ cup + 2 Tbsp. | cream cheese | 1. Place cream cheese, coconut milk, 2 Tbsp. maple syrup, yogurt, and extract in blender; cover and blend until smooth. Pour into a medium mixing bowl; set aside. |
| ½ cup | canned coconut milk (shake well before opening) | 2. Rinse out blender. Add <i>remaining 2 Tbsp.</i> maple syrup, strawberries, and lemon juice to blender; cover and blend until smooth. |
| ¼ cup | pure maple syrup, divided use | 3. Pour strawberry mixture into cream cheese mixture; gently swirl the two together using a butter knife. |
| ¼ cup | reduced-fat (2%) plain Greek yogurt | 4. Evenly divide mixture among 6 ice pop molds and insert mold sticks; freeze for 3 hours, or until solid. |
| 1 tsp. | pure vanilla extract | |
| 1 cup | chopped strawberries | |
| 2 tsp. | fresh lemon juice | |

SPECIAL EQUIPMENT:

Ice pop molds

NUTRITIONAL INFORMATION (per serving): Calories: 140 Total Fat: 9 g Saturated Fat: 7 g Cholesterol: 15 mg Sodium: 55 mg Carbohydrates: 13 g Fiber: 1 g Sugars: 10 g Protein: 2 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.