



Strawberry Shortcake Pops

By Dena McDowell, MS, RD

Servings: 8 (1 pop per person)

Ingredients	Nutrient value per serving
8 vanilla wafer cookies 8 large strawberries, hulled 1 T. sugar 2 T. water 1 (3.4-oz.) package fat-free cheesecake-flavored instant pudding 2 c. fat-free milk	Exchanges 1 starch ½ other carbs Calories68 Calories from Fat.....7 Total Fat.....1 g Saturated Fat0 g Cholesterol.....2 mg Sodium.....278 mg Carbohydrate13 g Fiber.....0 g Sugar 4 g Protein.....2 g
Directions	Notes
<ol style="list-style-type: none"> Place cookies in plastic bag. Add another plastic bag for a layer of protection. Crush cookies until fine crumbs result. In blender or food processor, combine strawberries, sugar and water. Blend on high setting until smooth. Combine pudding mix and milk in a large bowl. Beat with whisk until thick, about 2 min. Let sit. Remove 1 c. of pudding mix and add crushed cookies. Mix, then add to bottom of each pop mold, up to one-third full. Add strawberry mixture for next layer of the pop. Add remainder of the pudding to top off each pop. Place sticks into molds and freeze overnight. Run molds under hot water if difficult to remove pops. 	<p>Prep time: 5 min. Freeze time: 8 hr.</p> <p>Enjoy the luscious taste of summer with this easy recipe. Combining the crunch of vanilla wafers with sweetness from the strawberries makes for a delicious and refreshing treat!</p> <p><i>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</i></p> <p><i>For simplicity's sake, count other carbohydrates (other carbs) as starches.</i></p>