

Peach Smoothie Pops

Makes: 12 Servings

Using fat-free powdered milk for this recipe will cut calories and saturated fat. Instant nonfat dry milk can be added to desserts or smoothies for a creamier result.

Ingredients

1 1/3 cups instant nonfat dry milk

4 cups canned peaches (drained, 2 cans, about 15 ounces each)

1 cup water

1 cup ice cubes

3 tablespoons sugar

Directions

1. Place all ingredients in blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks, or pour into ice cube trays and place toothpicks in each cube. Freeze until solid.

Notes

Tip: You can make this with any kind of fruit you like.

Source: Recipe adapted from Food.com

Nutrition Information

| Nutrients | Amount |
|---------------------------|--------------|
| Calories | 100 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 5 mg |
| Sodium | 80 mg |
| Total Carbohydrate | 21 g |
| Dietary Fiber | 0 g |
| Total Sugars | 18 g |
| Added Sugars included | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 170 mg |
| Iron | N/A |
| Potassium | N/A |

N/A - data is not available