

# TROPICAL COCONUT PUDDING POPS

Tropical Coconut Pudding Pops

*Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 6 (Serving= 1 large pudding pop)*

## Nutrition (per serving)

Calories: 33	Total Carbohydrate: 5
Total Fat: 1 g	Dietary Fiber: 0 g
Saturated Fat: 1 g	Total Sugars: 2 g
Sodium: 95 mg	Protein: 1 g

## Ingredients

- 1-1 ounce sugar free, fat free instant cheesecake pudding mix
- 2 cups skim milk
- 1 cup lite whipped topping
- 1/3 cup finely chopped pineapple
- 1/3 cup unsweetened coconut flakes
- 1/4 teaspoon coconut extract

## Directions

1. In a large bowl, whisk together pudding mix and skim milk until it thickens.
2. Fold in whipped topping, pineapple, coconut flakes and extract.
3. Pour into popsicle molds and freeze overnight.