

# PUMPKIN PIE POPS

Pumpkin Pie Pops

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

*Serves: 8 (Serving= 1 popsicle)*

## Nutrition (per serving)

Calories: 103	Total Carbohydrate: 18
Total Fat: 3 g	Dietary Fiber: 1 g
Saturated Fat: 1.5 g	Protein: 22 g
Sodium: 61 mg	

## Ingredients

- 8 gingersnaps
- 1  $\frac{3}{4}$  cups light vanilla ice cream
- 1/2 cup 100% pure pumpkin
- 1/2 cup light whipped topping
- 1/2 cup skim milk
- 1 teaspoon Splenda® brown sugar blend
- 3/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg

## Directions

1. Pulse gingersnaps in food processor or blender until crumbs. Reserve for later.
2. In a blender, combine the rest of ingredients and blend until smooth. Pour evenly into popsicle molds and insert popsicle stick.
3. Freeze overnight. Let thaw for 20-25 minutes or run under hot water before pulling out of molds and roll in gingersnap crumbs.