

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.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	0 g	
Protein	5 g	
Carbohydrates	21 g	
Dietary Fiber	0 g	
Saturated Fat	0 g	
Sodium	80 mg	