

## Pudding Pops

1 four-serving size pkg. instant sugar-free chocolate pudding mix  
1 four-serving size pkg. instant sugar-free banana cream, vanilla or pistachio pudding mix  
4 cups evaporated nonfat milk  
16 three-oz disposable plastic drink cups  
16 wooden craft sticks

Stand up sixteen 3-oz disposable plastic drink cups in a 9 x 13 inch baking pan and set aside. Blend together chocolate pudding mix and 2 cups of evaporated milk in medium bowl for 2 minutes with hand mixer. Spoon 2 tablespoons into each drink cup, cover with foil and freeze for 1 hour.

1 hour later, mix the second package of pudding mix following the previous instructions and spoon on top of the frozen chocolate pudding. Cover each cup with a piece of foil and make a small hole in the center of the foil to insert the wooden stick.

Place cups back in freezer for 4-6 hours until firm. When ready to serve, let stand for 15-20 minutes at room temperature then remove plastic cup. Makes 16 servings.

Nutrition information per serving: 38 calories, 5 grams protein, 0 grams fat, 10 grams carbohydrate, 229 mg sodium.

