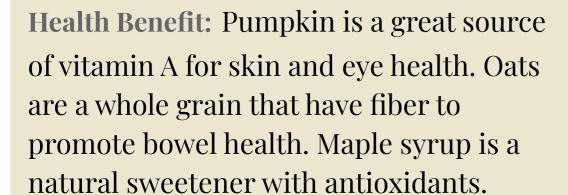




Cost: §



Ease:



Pumpkin Pie Popsicles

Ingredients

- 1 cup pumpkin puree (not pumpkin pie filling)
- 1/3 cup maple syrup or honey
- 1 tsp pumpkin spice
- 1/4 tsp kosher salt
- 1.5 cups Greek yogurt (vanilla or plain)
- 1/3 cup rolled oats (or granola low in sugar)

Directions:

- In a small bowl, combine pumpkin purée, vanilla, spices, salt, and maple syrup
- Using a ladle or large spoon, layer the pumpkin mixture with Greek yogurt and oats in the molds until filled
- Place a popsicle stick in each mold
- Place in the freezer overnight or for at least 8 hours
- Remove from molds and enjoy!

Equipment

Small bowl Whisk Ladle Popsicle mold and sticks

