



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:

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

Equipment

Small bowl
Whisk
Ladle
Popsicle mold and sticks

Cost: 

Ease: 

Health Benefit: Pumpkin is a great source of vitamin A for skin and eye health. Oats are a whole grain that have fiber to promote bowel health. Maple syrup is a natural sweetener with antioxidants.

Fare  Meals
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