

Peaches & Cream Popsicle

THM-Friendly E, Low-fat, High-protein Snack

Ingredients:

- 3 Peaches (sliced)
- 1/2 tsp. Pure Stevia Extract (or any other natural sweetener to taste)
- 1 tsp. Vanilla Extract
- 2 1/2 scoops of Whey Protein Powder
- 2 1/2 c. Low-fat Cottage Cheese
- 1/2 c. of Original Unsweetened Almond Milk
- Summer Peach Sauce (optional)

Directions:

1. Put all of the ingredients (except for the peach sauce) in a blender and blend until smooth and creamy.
2. Pour into a popsicle mold*. You can add a spoonful of Summer Peach Sauce to each popsicle for a syrup-y core (optional). Freeze popsicles until solid.

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