



Creamy Pumpkin Popsicles

Servings - 4 popsicles

Prep + Cook Time— 3-4 hrs.

Equipment Needed—

Blender and popsicle molds

INGREDIENTS

- 2 ripe bananas
- 1/2 cup pumpkin puree
- 1 tablespoon of honey

NUTRITIONAL INFORMATION

Possible Allergens: No known allergies

Health Benefits: Pumpkin is high in fiber and filled with vitamins such as A, C, and E. It also has a lot of minerals such as calcium, potassium, and phosphorus that are needed for the body to work.

INSTRUCTIONS

- Blend peeled bananas, pumpkin and honey.
- Pour the mix into the popsicle molds.
- Freeze molds for 3-4 hours or until frozen solid.
- Serve and enjoy!

RECIPE SOURCE

<http://www.whatscooking.fns.usda.gov/>