



Creamy and Simple Pumpkin-Spice Pops!

Ingredients

- 1 3/4 cup vanilla yogurt
- 1 15 oz can of pumpkin puree
- 1/2 tablespoon of pumpkin pie spice
- 1 tablespoon honey
- 6 tablespoons sugar or sweetener alternative

Directions

(Recipe makes 4 to 6 pops based on the size of your molds!)

1. Preferably in a bowl with a spout, mix together yogurt, pumpkin puree, pumpkin pie spice, honey and sugar until all ingredients are well incorporated.
2. Pour your mixture into popsicle molds and add popsicle sticks if desired. (Some molds come with reusable holders! Tap your molds on a counter or table to remove as many air bubbles as you can.
3. Set and forget! Freeze overnight for best results. When removing place the mold in a
4. bowl of warm water so pops slide out easier.



Enjoy! Pumpkin spice and everything nice!