

Recipe



Lemon Raspberry Cheesecake Popsicles

Yield: 6 Popsicles

Prep Time: 10 minutes | Total Time: 4 hours

Description

Lemon Raspberry Cheesecake Popsicles, creamy, lemony, and filled with fresh fruit. The perfect refreshing treat to cool you down this summer, they taste just like biting into a real cheesecake except half the calories!

Ingredients

- 5 oz. low fat evaporated milk
- 1/4 cup white sugar
- 3 oz. cream cheese, softened
- 1/4 cup plain greek yogurt
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1 cup raspberries
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 2 graham crackers, crushed

Nutrition

Per serving: 154 calories, 4.1g fat, 1.9g saturated fat, 1g monofat, 0.3g polyfat, 4g protein, 26g carbohydrate, 1g fiber, 14mg cholesterol, 101mg sodium, 91mg calcium.

Instructions

1. In a small food processor, add raspberries, honey, and 1 tablespoon of lemon juice. Blend until smooth. Set aside.
2. Add milk and sugar to a small sauce pan and heat up the milk while stirring for about 2-3 minutes, or until sugar is dissolved and milk is warm.
3. In a medium bowl add cream cheese, slowly pour milk mixture over cream cheese, whisking the entire time until it is smooth.
4. Next add in the greek yogurt, vanilla extract, and lemon zest. Whisk until combined. Place in refrigerator to let mixture cool. (about 10 minutes)
5. Fill the popsicle molds halfway with the cheesecake mixture, top with a little bit of the raspberry puree, finish with the cheesecake mixture. (if you want to make it looked swirled, use a toothpick or knife and gently stir the mixture around in the mold)
6. Place the top on the popsicle mold and add sticks.
7. Put popsicle mold in freezer for 4 hours.
8. Remove and popsicles from the mold (i place the mold in a bowl of warm water for 20-30 seconds and they come out pretty easily) and dip the top in a graham cracker crust.
9. DEVOUR!

Source: joyfulhealthyeats.com/lemon-raspberry-cheesecake-popsicles

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