



Cereal Milk Pops



INGREDIENTS

1 ½ cups Hy-Vee 2% reduced-fat milk
1 ½ cups oat cereal with marshmallows, such as Lucky Charms, divided; plus additional for garnish
2 cups Hy-Vee frozen whipped topping, thawed

PREPARATION

- 1** Combine milk and 1 cup cereal in a medium bowl. Cover and refrigerate for 4 hours or up to overnight. Strain mixture in a fine-mesh sieve set over a bowl; discard cereal.
- 2** Place whipped topping in a medium bowl; gradually whisk in milk mixture until combined. Spoon mixture into 8 (3-oz.) molds, adding remaining ½ cup cereal between spoonfuls. Insert craft sticks; freeze 4 to 6 hours or until completely frozen.
- 3** To serve, dip molds in warm water to loosen pops from molds. Garnished with additional cereal, if desired.

NUTRITION FACTS

Calories: 200
Total Fat: 11g
Saturated Fat: 10g
Trans Fat: 0g
Cholesterol: 5mg

Sodium: 50mg
Carbohydrates: 25g
Fiber: 0g
Sugar: 16g
Protein: 2g