

PREP: 55
COOK: 20
SERVES: 12

Healthy Strawberry Cheesecake Popsicles

Looking for a feel-good summer treat? These Healthy Strawberry Cheesecake Popsicles are bursting with fruity strawberry and creamy cheesecake flavour, making them the perfect way to cool down while keeping things on the lighter side.

Ingredients

2/3 cup Queen Strawberry Sundae Topping

3/4 cup Non-fat Vanilla Greek yoghurt

3/4 cup Cottage cheese

1 tsp 99% Sugar Free & Alcohol-Free Vanilla Paste with Seeds

Method

STEP 1

In a blender combine 1/3 cup Strawberry Sundae topping, yoghurt, cottage cheese and vanilla bean paste and blend until smooth.

STEP 2

Combine the biscuit crumbs and coconut oil in a small bowl until the mixture starts to clump.

STEP 3

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Ingredients

6 sugar free digestive biscuits, crushed to a fine crumb

1 tbsp coconut oil melted

Method

Divide the remaining 1/3 cup of syrup between 6 popsicle molds and top with the cheesecake mixture ensuring you leave a 2-3cm space at the top for the crumb. Add popsicle sticks and place the molds in the freezer for 1 hour.

STEP 4

After an hour, add a tbsp of the biscuit mixture to the top of the molds around the popsicle stick and gently press it down. Freeze for another 4 hours but preferably overnight. Unmold the popsicles and enjoy!

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