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## **Blueberry Cheesecake Pops**

Prep Time: 10 min. Cook Time: 0 min.

Servings: 6 Servings

Serving Size: 1 pop

### **Ingredients**

1/2 cup milk

1 cup cottage cheese

1-1/2 cups fresh or frozen blueberries

1/4 cup almond butter

2 tbsp pure maple syrup or honey

2 tsp lemon zest

1 tsp vanilla extract

### **Directions**

1. Place all of the ingredients in a blender and blend until smooth.

2. Evenly distribute mixture into popsicle molds, filling each about three-quarters full.

Insert sticks and freeze for about 8 hours.

3. To unmold a popsicle, run the mold under warm water for a few seconds, being careful not to thaw the pops.