



Simply Delish – Creamsicle

Remember those yummy orange cream popsicles from the ice cream truck? Well we have resurrected this long-loved sweet from your childhood memory into a bariatric friendly dessert for your pleasure!

Ingredients:

- 1 Box Simply Delish Orange Jel
- 3 Cups Boiling Water
- 1 Large Can No Sugar Added Mandarin Oranges (almost completely drained)
- 1 Box Simply Delish Vanilla Pudding
- 1 & ¼ cup Coconut Milk (or other low calorie milk of your choosing)
- 8 ounces sugar-free Cool Whip

Directions:

- Mix the boiling water with the Orange Jel until all of the granules are dissolved
- Add 1 can mandarin oranges with whatever juice is remaining and stir to combine
- Place in the fridge until set, about 1 hour.
- In a bowl, combine pudding and milk until thick.
- Fold in the whipped topping and spread on the Jel salad.
- Place remaining oranges on top as garnish and chill for about 20-30 minutes until set

“Today is another chance to get better.”

