

Cheesecake Popsicles



Indulge in our recipe for Cheesecake Popsicles, a delightful frozen treat. These frozen delights combine the creaminess of cheesecake with the refreshing sensation of a popsicle. Try this irresistible dessert now for a refreshing and satisfying break!

Preparation 10 min

Cooking 0 min

Servings 12

Nutrition Facts (per serving)

Calories 100

Fat 3

Carbohydrates 12

Fibre 3

Protein 5

Sodium 25

Ingredients

- 250 ml (1 cup or ½ container of 551 ml) blueberries
- 250 ml (1 cup or 1 container of 170 g) blackberries
- 60 ml (¼ cup) water (see note)
- 60 ml (¼ cup) chia seeds
- 30 ml (2 tbsp) maple syrup

- 250 ml (1 cup) vanilla Greek yogurt, 2% M.F.
- 250 ml (1 cup or 375 g container) 0.25% quark cheese
- 1 cup (250 ml) [More Granola](#) crumbled granola, nutty crumble flavour

Note: If using fresh fruit, water must be added to obtain a puree. However, if the fruit used is frozen and then thawed, the addition of water is not necessary.

Preparation

1. In a small bowl, mash the berries with a fork. Pour in the water, maple syrup and chia seeds. Mix and let stand for 10 minutes.
2. In another bowl, mix the yogurt and quark cheese with a spoon. Add 2/3 of the granola and mix.
3. Spread half of the fruit and chia purée evenly in the bottom of the 12 moulds.
4. Spread the creamy mixture over the purée, then pour the remaining fruit purée on top. Lightly mix the creamy mixture and the purée with a knife.
5. Add residual granola to the top of the lollipops, then insert a stick into each mold. Chill in the freezer for at least 4 hours before eating.



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