

SNACKS

Iced Coffee Pop



Coffee, milk and honey frozen into a healthy popsicle

Prep Time: 5 minutes to prepare; 4 to 5 hours to freeze Cook time: 2 minutes
Yield: 6 pops

Nutrition Facts: Calories: 30, Carbs: 7g, Protein: less than 1 g, Fat: 0g, Sat. Fat: 0g,
Cholesterol: 0g, Sodium: 10mg, Fiber: 0g

Iced Coffee Pop

1 ½ cups coffee or strongly brewed coffee, cooled
½ cup fat free milk or milk alternate
2 Tablespoons honey

To Prepare Iced Coffee Pops:

1. Place all ingredients in a blender. Blend on high speed until well combined.
2. Evenly pour into 6 popsicle molds. Place tops and freeze for at least 4 to 5 hours.
NOTE: If using a wooden stick, freeze for 1 hour. Remove from freezer and insert sticks. Place in the freezer for another 4 hours.
3. When ready to enjoy, run popsicle mold under warm water until pop releases from mold. Enjoy!

<https://www.mindful.sodexo.com> 07/30/2025