Diabetic Friendly Pumpkin Freeze Pops with a Peanut Butter Swirl

**Ingredients**

2 c & 6 T soy milk, separated  
1 3/4 c pumpkin puree  
1 c and 2 Tbs coconut milk  
1 c Splenda  
6 T Betsy’s Best Peanut Butter  
½ c Brown Sugar Splenda  
2 Tbs cornstarch  
1 ½ tsp cinnamon  
1 ½ tsp vanilla extract  
½ tsp ground nutmeg

**Preparation (20 minutes)**

Step 1. Bring 2 c. soymilk to a boil.

Step 2. In a separate bowl, mix 2 T cornstarch with 2 T coconut milk to make a slurry. Once the soymilk is boiling, add the slurry while whisking and cook for 5-7 minutes until mixture has thickened. Take off the heat and cool to room temperature or lower using an ice bath.

Step 3. In a large mixing bowl, whisk coconut milk, pumpkin, Splenda, Brown Sugar Splenda, cinnamon, nutmeg, and vanilla until well combined.

Step 4. Combine the cooled slurry with the pumpkin mixture.

Step 5. For the swirl, combine 6 T Betsy’s Best Peanut Butter with 6 T soymilk and whisk until it is smooth.

Step 6. In your favorite popsicle molds (a popsicle mold that holds 1/3 cup), layer, beginning with the peanut butter swirl; 1 tsp of peanut butter with 2 T pumpkin batter, two layers each.

Step 7. After all of the popsicles are assembled, place in freezer for at least 4 hours.

Step 8. To remove popsicles from molds: dip mold into a glass of warm water for several seconds to loosen the edges, turn upside down to release popsicle, and enjoy!