



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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## **DATE SHAKE POPSICLES**

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**Serves 10**

**2 cups low-fat plain Greek yogurt**  
**12 pitted dates, chopped**  
**1/4 teaspoon ground cinnamon**  
**3/4 cup low-fat milk**

- **Combine ingredients in a blender and blend until smooth. Fill popsicle molds and freeze.**