

# **Frozen Berry Vanilla Yogurt Pops**

From Seattle and King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/FrozenYogurtPops.aspx>

## **Ingredients**

- 1 8-ounce carton nonfat vanilla yogurt
- 2 10-ounce packages of frozen mixed berries (or choose one type of berry)
- 8 6-ounce paper cups
- Aluminum foil
- 8 wooden popsicle sticks or wooden spoons

## **Instructions**

1. Pour yogurt and berries in a food processor or blender. Blend until berries are cut into smaller chunks.
2. Pour yogurt mixture into paper cups (or other type of ice mold if available.) Cover each with aluminum foil and insert a wooden stick through the foil into center of yogurt mixture.
3. Freeze for at least 3 hours or until solid. Peel off paper cup and serve.

**Makes 8 servings**

## **Nutrition information per serving**

Calories: 107	Dietary Fiber: 5 g
Total Fat: 1 g	Sodium: 21 mg
Saturated Fat: 0 g	Protein: 3 g
Cholesterol: 0 mg	Carbohydrates: 25 g

