

FRUITY YOGURT POPSICLES

Makes 6 servings

INGREDIENTS

- 3 cups frozen berries, blueberries and/or strawberries
- 3 cups vanilla fat-free yogurt

INSTRUCTIONS

1. Place $\frac{1}{2}$ cup fruit in each cup.
2. Place $\frac{1}{2}$ cup yogurt into cups of fruit.
3. Stir each cup with plastic spoon and place in center of cup.
4. Freeze until firm.

NUTRITIONAL FACTS: PER SERVING

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|-----------------------|---------------------|
| Calories: 105 | Calcium: 171 mg |
| Total Fat: 0.91 g | Protein: 4.84 g |
| Saturated Fat: 0.19 g | Carbohydrates: 22 g |
| Cholesterol: 2.27 mg | Dietary Fiber: 3 g |
| Sodium: 68 mg | |

