



## July 11- Confetti Yogurt Pops

Smart Snack

Link: <http://www.recipe.com/confetti-yogurt-pops/>

### **Recipe**

*Ingredients:*

2 cups low-fat vanilla yogurt

1 cup assorted berries (raspberries, blueberries, blackberries, chopped strawberries)

5 pretzel rods, halved

*Directions:*

1. In a large bowl gently stir together the yogurt and fruit. Spoon into 4-ounce ice-pop molds or 3-ounce paper cups. Cover molds or cups with foil; use a sharp knife to cut a small hole in the foil and insert cut side of pretzel rod. Freeze until firm. Remove foil and mold or cup before serving.
2. Store for up to a month.

Yield 6 servings

### **Nutrition Facts**

Serving Size 1 pop  
Servings Per Container 6

**Amount Per Serving**

**Calories** 110      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1.5g      **2%**

**Saturated Fat** 0.5g      **3%**

**Trans Fat** 0g

**Cholesterol** <5mg      **1%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 19g      **6%**

**Dietary Fiber** <1g      **2%**

**Sugars** 13g

**Protein** 5g      **10%**

Vitamin A 0%      •      Vitamin C 25%

Calcium 15%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.