



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.