July 31- Fruit Yogurt Pops
Smart Snack
Link: http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-pops

Recipe
Ingredients:
8 ounces yogurt, Pina colada
20 ounces strawberries (sliced frozen, thawed)

Directions:
1. Combine ingredients. Pour into 3 ounce paper cups.
2. Freeze about 30 minutes; then stick a wooden popsicle/craft stick in the center of each cup.
3. Freeze overnight until firm. To eat pops, peel off paper cups.
4. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

Yield 14 servings