



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

Nutrition Facts

Serving Size 1 pop (56.7g)
Servings Per Container 14

Amount Per Serving

Calories 30 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber <1g 3%

Sugars 5g

Protein <1g 1%

Vitamin A 0% • Vitamin C 40%

Calcium 2% • Iron 0%

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