



June 29- Yogurt Pops

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/yogurt-pops>

Recipe

Ingredients:

6 ounces yogurt, fat-free, flavored
 ¾ cups fruit juice

Directions:

1. Put the yogurt and juice in a bowl.
2. Stir together well.
3. Pour the mix into paper cups.
4. Stick a Popsicle stick in the center of the mix in the cup.
5. Place the yogurt pops in the freezer until they turn solid.

Yield 4 servings

Nutrition Facts

Serving Size 1 popsicle (89.36g)
 Servings Per Container 4

Amount Per Serving

Calories 50 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 10g

Protein 2g **3%**

Vitamin A 0% • Vitamin C 20%

Calcium 6% • Iron 0%

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