



Fresh Fruit and Yogurt Ice Pops

Shine 365
Marshfield Clinic

PREP TIME: 15 minutes • FREEZE TIME: 5 hours • SERVINGS: 8

INGREDIENTS

- 2 cups fresh blueberries, raspberries, strawberries and sliced bananas, mixed
- 2 cups plain or low-fat vanilla yogurt or vanilla Greek yogurt
- ¼ cup white sugar or honey
- 8 small paper cups or molds
- 8 wooden ice pop sticks

INSTRUCTIONS

Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt and sugar into a blender. Cover and blend until fruit is chunky or smooth, as desired. If your fruit is very sweet, you won't need any sweetener.

Fill molds $\frac{3}{4}$ full with fruit mixture. Cover the top of each mold with a strip of aluminum foil. Poke a stick through the center of the foil on each cup.

Place the molds in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.

NUTRITION INFORMATION

Each serving contains about 83 calories; 1.1 g total fat; 15.8 g carbohydrate; 4 mg cholesterol; 9 g protein; 0.9 g dietary fiber; 43 mg sodium.