

Strawberry Yogurt Popsicles

Makes: 12 Servings

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Ingredients	Weight	Measure
Vanilla yogurt, low-fat		2 cups
Strawberries, chopped, fresh or frozen		2 cups

Directions

1. Get out the following supplies: 12 3-ounce paper cups, 12 wooden sticks and a roll of tin foil.
2. Combine yogurt and strawberries. Mix well.
3. Fill cups with mixture. Cover cups with plastic wrap or tin foil.
4. Insert a wooden stick through the plastic wrap or tin foil.
5. Freeze popsicles.
6. Gently tear away paper cup from frozen yogurt popsicle before eating.
7. Supervise children while eating the popsicles, and throw away the sticks after eating.
8. Enjoy!