

Fruit Yogurt Pops

Makes: 14 servings

These pops are a fun warm-weather treat that needs only two ingredients. With no cooking, cutting, or special equipment required, kids can learn to make these by themselves.

Ingredients

- 1 yogurt, pina colada (8 ounces)
- 2 1/2 cups 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.

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Nutrition Information

Nutrients	Amount
Calories	30
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars included	2 g
Protein	1 g
Vitamin D	0 IU
Calcium	33 mg
Iron	0 mg
Potassium	92 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/4 cup