



Strawberry Kiwi Yogurt Pops

Makes: 4 Servings

Cool off with frozen pops that are fun to make! Mix different yogurt and fruit combinations to find your favorite.

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 kiwi (chopped)
- 4 large strawberries (about a 1/2 cup, chopped)
- 1 ice cube tray (or paper cups)

Directions

1. Cut fruit into small pieces.
2. Mix fruit and yogurt.
3. Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut paper straws).
4. Freeze.
5. Enjoy as a frozen treat!

Notes

Create your own yogurt pops and experiment with different flavors or try out one of these recipes:

- [Banana Cocoa Yogurt Pops](#)
- [Strawberry Yogurt Pops](#)
- [Tropical Yogurt Pops](#)



Source: USDA Center for Nutrition Policy and Promotion

Nutrition Information

Nutrients	Amount
Calories	69
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	41 mg
Total Carbohydrate	13 g
Dietary Fiber	1 g
Total Sugars	11 g
Added Sugars included	4 g
Protein	3 g
Vitamin D	0 mcg
Calcium	114 mg
Iron	0 mg
Potassium	221 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/4 cup
 Dairy	1/4 cup

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