Strawberry Yogurt Pops
Makes 4 Servings

Strawberries and yogurt are all you need for this healthy frozen snack! They’re a great after school snack or late night dessert!

Ingredients:
1 cup low-fat strawberry yogurt
6 large strawberries
1 ice cube tray (or paper cups)

Directions:
1. Cut strawberries 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!

Note:
Create your own yogurt pops and experiment with different flavors or try out one of these recipes:
• Banana Cocoa Yogurt Pops
• Tropical Yogurt Pops
• Strawberry Kiwi Yogurt Pops

Source: https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/strawberry-yogurt-pops