



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>

Nutrition Facts	
servings per container	
Serving size	(128g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 1mcg	6%
Calcium 62mg	4%
Iron 0mg	0%
Potassium 180mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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