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Strawberry Yogurt Pops

Ingredients:

- 2 cups strawberries, chopped
- 2 cups low fat vanilla yogurt
- ¼ cup sugar (optional)
- 12 small paper cups
- 12 wooden sticks
- Plastic spoons
- Plastic wrap or foil

Makes 12 servings - 8% calories from fat

Instructions:

1. In a medium bowl, combine strawberries, yogurt and sugar (if used); mixing well.
2. Fill cups with mixture.
3. Cover cups with plastic wrap or foil.
4. Insert sticks or spoons through plastic wrap or foil.
5. Freeze popsicles until firm.

Note:

- Plastic freezer pop trays can also be used.

Source: Iowa State University.

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Nutrition Facts

Serving Size 1 pop
Servings Per Container 12

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Sugars 11g

Protein 2g

Vitamin A 0% • Vitamin C 30%

Calcium 8% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

