



Recipe adapted from Myplate.gov

Yogurt Pops

No Cook Recipe

Gluten Free - Vegetarian

Ingredients

Servings: 4

Prep Time: 5 minutes

Freeze Time: 4 hours

- 1 cup **fruit** of your choice (Examples: strawberries, bananas, blueberries, grapes)
- 1 cup **yogurt**, plain or a flavor of your choice
- 1 **ice cube tray**, or 4 **paper cups**
- 4 **toothpicks** or **popsicle sticks**

Directions

1. Cut fruit into small pieces.
2. Mix fruit and yogurt in a bowl.
3. Divide the yogurt mixture into 4 small paper cups (or 8 ice cubes). Place cut paper straws, toothpicks, or popsicle sticks to each yogurt pop.
4. Freeze yogurt pops for at least 4 hours, until frozen solid.
5. Enjoy as a frozen treat!