

Strawberry Yogurt Pops:

Ingredients:

1 cup strawberry sauce
2 cups low fat vanilla yogurt



Procedure:

Place the strawberry sauce and vanilla yogurt into a bowl.

Blend the ingredients together until smooth.

Place mixture into small portion cups and place into the freezer.

When the yogurt begins to freeze, place a plastic spoon, handle end up so that it sticks up straight.

Let the yogurt freeze overnight.

When serving, the spoon will work as a handle for a yogurt pop or can be removed and used to eat the frozen treat.

Add other diced, fresh fruit for a fun twist! Kiwi, banana, blueberry – get creative!