

Fruit Yogurt Pops

These pops are a fun warm weather treat that needs only two ingredients. With no cooking or special equipment required and a small amount of cutting, kids can learn to make these by themselves.

Makes: 8 servings

Ingredients

- 8 ounces yogurt
- 2 ½ cups fresh strawberries, chopped (or frozen, thawed)

Directions

1. Combine ingredients. Pour into 3 ounce paper cups.
2. Freeze for about 30 minutes; then place a wooden popsicle stick in the center of each cup.
3. Freeze overnight until firm.
4. To eat pops, peel off paper cups.



Note: For variety, try with other frozen fruit.

Recipe from: *Easy and Nutritious Family Recipes*, University of California Cooperative Extension Fresno County, adapted by the USDA Food and Nutrition Administration.

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