

# GREEK YOGURT POPS

Greek Yogurt Pops

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8-12 (Serving = 1 popsicle)*

## Nutrition (per serving)

Calories: 47	Total Carbohydrate: 7
Total Fat: 1 g	Dietary Fiber: 0 g
Saturated Fat: 1 g	Protein: 3 g
Sodium: 14 mg	

## Ingredients

- 2 individual containers 100 calorie vanilla Greek yogurt
- 2/3 cup lite whipped topping
- ½ cup blueberries, chopped
- ½ cup strawberries, halved and thinly sliced

## Directions

1. Mix yogurt and whipped topping until smooth. Fold in fruit.
2. Spoon mixture into popsicle molds. Let freeze for 4 hours.
3. To remove, run under hot water for 20 seconds.