



Fruity Yogurt Pops



8 servings

Ingredients

- 1 cup Dannon® Vanilla Lowfat Yogurt
- 1 cup chopped strawberries
- ½ cup chopped kiwi, skin removed
- ½ cup blueberries

Other

- 8-3 oz. small paper cups
- 8 wooden popsicle sticks

Directions

1. Place the yogurt in a large bowl and gently stir in fruit.
2. Evenly divide mixture into eight 3 oz. paper cups. Place popsicle stick in center of each cup.
3. Freeze overnight or until firm.
4. To serve, peel off cups.

Nutrition Facts: Serving Size (70g), Servings per Container 8, **Calories** 45, Calories from Fat 5, **Total Fat** 0.5g (1% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 20mg (1% DV), **Total Carbohydrate** 9g (3% DV), Dietary Fiber 1g (4% DV), Sugars 7g, **Protein** 2g, Vitamin A 0%, Vitamin C 40%, Calcium 4%, Iron 0%. Percent Daily Values are based on a 2,000 calorie diet.

Did you know?

Yogurt can often contain **3 out of the 4 nutrients of concern**: calcium, vitamin D and potassium

Yogurt pairs well with other **nutrient dense foods**, including fruits, vegetables and whole grains

Live cultures in yogurt may help with lactose digestion for individuals who have difficulty digesting lactose

Swaps with Yogurt

Ingredient	Swap
1 cup sour cream	1 cup Dannon® Plain Lowfat Yogurt
1 cup buttermilk (whole)	$\frac{2}{3}$ cup Dannon® Plain Nonfat Yogurt plus $\frac{1}{3}$ cup milk
1 cup mayonnaise	1 cup Dannon® Plain Nonfat Yogurt
1 cup cream cheese	1 cup Dannon® Plain Nonfat Yogurt

Note: Dannon® products featured meet the Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check with your state/local WIC program regarding eligibility.

