

Yogurt-Fruit Popsicles



Ingredients:

- Popsicle molds
- 1/2 quart yogurt, non-fat, vanilla
- 1 c fresh fruit, diced or sliced kiwi, strawberries, blueberries, pineapple, bananas

Instructions:

1. Mix fruit with yogurt in a big bowl.
2. Pour in molds and freeze

Makes 12 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>