

Frozen Yogurt Pops



Ingredients:

- 8 ounces low-fat plain yogurt
- 6 ounces 100% fruit juice
- Dash vanilla extract

Instructions:

1. Combine yogurt, fruit juice, and vanilla in a medium bowl.
2. Pour into four 3-ounce plastic or paper cups and freeze for one hour.
3. Insert wooden popsicle sticks and continue to freeze for 4 hours or until frozen solid.

Makes 4 servings.



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