

MANGO BLUEBERRY GREEK YOGURT POPS

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

Serves: 16 (Serving= 1 popsicle)

Nutrition (per serving)

Calories: 45

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 16 mg

Total Carbohydrate: 7 g

Dietary Fiber: 0 g

Protein: 5 g



Ingredients

- 3 ½ cups nonfat, vanilla Greek yogurt
- 2/3 cup fresh blueberries, finely chopped
- 2/3 cup fresh mango, finely chopped
- 3 Tablespoon honey
- 1 Tablespoon vanilla extract

Directions

1. In a large bowl, mix yogurt, honey, and vanilla until smooth.
2. Stir in blueberries and mango.
3. Spoon 1/4 cup of the mixture into popsicle molds or small cups. Insert popsicle sticks.
4. Freeze at least 8 hours to allow popsicles to set. Run molds under hot water for 10-15 seconds or let set for 20 minutes for easy popsicle removal.