

## Berry Good Pops

Makes 6-8 servings | Serving size: 1 popsicle

### Ingredients Needed:

- 2/3 cup cranberry, raspberry, or other 100% fruit juice or blend
- 1 cup fat-free vanilla yogurt or non-dairy yogurt alternative (almond, cashew, coconut, or soy)
- 1 cup berries (fresh or frozen blueberries, strawberries, or raspberries)



### Directions:

1. Mix all ingredients together.
2. Pour the mixture into popsicle molds or 3-ounce paper cups.  
Cover the top of each cup with foil. Push a wooden Popsicle® stick down into the middle of each cup. The foil will hold the stick in place.

3. Put the cups on a cookie sheet and freeze for 3 to 4 hours. When the popsicles are ready to eat, peel away the foil and the paper cups and enjoy!

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 popsicle (92g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 0mg	0%
Potassium 97mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	