

Confetti Yogurt Pops

Preparation time: 10 minutes - Freeze: 4 hours

Ingredients Needed:

- 2 cups fat-free vanilla yogurt or non-dairy yogurt alternative (almond, cashew, coconut, or soy)
- 1 cup berries (use your favorite or an assortment), fresh or frozen, no need to thaw frozen berries
- 3 long pretzel rods or 6 short pretzel rods



Instructions:

1. Break pretzel rods in half if purchased 3 long pretzel rods.
2. In a large bowl, gently stir together the yogurt and berries.
3. Spoon into 4-ounce ice-pop molds or 3-ounce paper cups.
4. Cover molds or cups with foil.
5. Use a sharp knife (adults should do this) to cut a small hole in the foil.
6. Insert the cut side of the pretzel rod.
7. Freeze until firm. (approximately 4 hours)
8. Remove foil and mold or cup before serving.

Tips:

- If you don't have ice-pop molds or paper cups, you can use an ice cube tray. Instead of breaking the pretzel rods in half, break them into thirds. You will need six pretzel rods if you use an ice cube tray.
- Leave a small space between the yogurt and foil when filling the molds or spray the foil with cooking spray. This will help prevent the foil from freezing to the yogurt.
- Store for up to a month.

Nutrition Facts	
6 servings per container	
Serving size	1 pop(105g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 1mg	6%
Potassium 19mg	0%
<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>	

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