Strawberry-Peach Yogurt Pops

Summer is fresh fruit season, especially in August when peaches are ripe and sweet and berries are plentiful. This recipe can be a great way to use fruit that is close to over-ripeness. Have fun experimenting with other fruit, too! The Greek yogurt has a smoother consistency when frozen. It also has a little more protein and a little less sugar. Just be sure to select the non-fat or low fat variety. You can use craft sticks for the “pops” if you have them on hand, but plastic spoons work just as well.

Recipe adapted from the Latino Nutrition Coalition - "Sarita's Sensations" weekly email recipes.

Ingredients (makes 5 pops)
1 cup 1% milk
½ cup sliced fresh strawberries
½ cup peeled and sliced fresh peaches
2/3 cup vanilla flavored Greek yogurt (5-6 oz. container)
1 tablespoon honey
5 small paper cups
5 craft sticks or plastic spoons

In a blender or food processor, place milk, strawberries, peaches, yogurt and honey. Blend on high speed about one minute or until smooth. Fill each paper cup with about ½ cup of the yogurt mixture. Place cups in freezer until partially frozen, about 45 minutes. Insert sticks or spoons and freeze until firm, about 90 minutes. To serve, remove paper cup.

Nutrient analysis per serving:
75 calories
4 grams protein
1 gram fat
12 grams carbohydrate
11 grams sugar
.5 gram fiber
150 mg calcium