

Yogurt Popsicles



3 cups vanilla or strawberry yogurt (2 grams or less added sugar)
1 cup sliced fresh strawberries
Optional: 1-3 scoops unflavored, vanilla or strawberry protein powder
6 paper cups
6 wooden popsicle sticks

Blend yogurt and strawberries. Divide yogurt mixture equally between the paper cups and freeze until slushy, about 30 minutes. Insert wooden stick into each cup for a handle. Freeze until firm. Peel off paper cups before eating. Makes 6 servings per serving:

Nutrition information per serving (without the optional protein powder): 67 calories, 3 grams protein, 0 grams fat, 12 grams carbohydrate, 51 mg sodium.