

Blueberry Yogurt Popsicles

Ingredients:

2/3 cup blueberries
1/2 cup Chobani plain yogurt
1/2 Tablespoons honey

Equipment:

Popsicle mold
Popsicle sticks

Directions:

1. Blend blueberries in a food processor or blender on high speed until nearly liquefied.
2. Pour the thick blueberry liquid into a large bowl and stir in the honey.
3. Add the yogurt and gently mix together.
4. Pour the mixture evenly into each Popsicle mold. If your Popsicle mold has stick slots, you can insert them before freezing, if not, freeze for 2 hours, put a wooden stick in the middle, then continue to freeze 4-6 hours or overnight.
5. Run Popsicle molds under warm water to easily remove. Enjoy!

Nutrition Facts

Serving Size (78g)
Servings Per Container 6

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 20mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Sugars 7g

Protein 6g

Vitamin A 0% • Vitamin C 6%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: Sally Baking Edition

