

Frozen Yogurt Dessert Pops



Ingredients:

- Wax paper
- 12 strawberries, hulled
- 12 cake pop sticks
- ½ cup plain low fat Greek yogurt
- ¼ cup chopped Raw Almonds
- Optional: 1 tsp of honey mixed in with the yogurt for added sweetness

Directions:

1. Line a small baking sheet with wax paper. Set aside.
2. Rinse and dry strawberries thoroughly.
3. Insert the cake pop sticks into the top part of the strawberry. Do not pierce through the end of the strawberry.
4. Dip each strawberry in the yogurt, shaking so that each strawberry is thinly coated. Use a spoon to help coat the strawberries if needed.
5. Sprinkle 1 teaspoon of chopped raw almonds over each coated strawberry. Place the strawberry pops on the baking sheet and freeze for 1-2 hours or until the yogurt is frozen.
6. Once the pops are frozen, remove from the wax paper and serve or put in a freezer zip top bag.

Nutrition Information:

Serving size*: 2 pops

Servings per recipe: 6

Calories per serving: 55

Total fat per serving: 3.5g

Total protein per serving: 4g

Total carbohydrates per serving: 5g

Nutritional Benefits:

Strawberries are a very good source of Vitamin C and Fiber.

*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from American Diabetes Association. (2016). Frozen Yogurt Fruit Pops. Recipes for Healthy Living. Retrieved from <http://www.diabetes.org/mfa-recipes/recipes/2014-05-frozen-yogurt-fruit-pops.html>

Photo provided by: American Diabetes Association. (2016). Frozen Yogurt Fruit Pops. Recipes for Healthy Living. Retrieved from <http://www.diabetes.org/mfa-recipes/recipes/2014-05-frozen-yogurt-fruit-pops.html>