

Frozen Berry Pops

Serves: 6

Ingredients

- 1 1/2 cups low-fat yogurt
- 1 cup chopped strawberries
- 6 small paper cups
- 6 popsicle sticks

Directions

1. Combine yogurt and strawberries in a large bowl.
2. Spoon mixture into cups.
3. Place wooden popsicle sticks into center.
4. Place on a tray and freeze for at least 2 hours.
5. Remove from freezer and peel away paper cup

**Have your child help you
prepare this tasty treat!**



Capital District
Child Care Council

This is an ***Incredible Creditable Snack!***

Call the Food Program to find out more. 518 426-7181