

### Healthy snacks!

## Yogurt Pops

### What you will need:

- 6 Paper cups (or muffin liners or empty yogurt cups—washed of course!)
- 6 Popsicle sticks

### Ingredients

#### Fresh Fruit

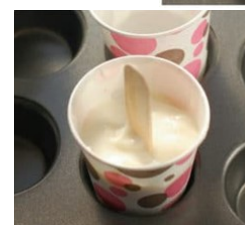
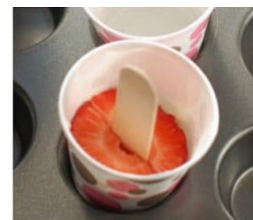
- Strawberries
- Banana
- Blueberries
- Kiwi
- Raspberries

#### Yogurt

- Any flavor will work!
- Get really creative, using lots of different fruits and yogurt to create your own combination of goodness.

### Directions:

1. Put a spoonful of yogurt into the bottom of each paper cup. Then add a few pieces of cut up fruit. Then add in a few more spoonfuls of yogurt.
2. Place a slice of fruit (with a slit down the middle) on top and slide your popsicle stick into the slit. Add a few more spoonfuls of yogurt.
3. Place the cups into the freezer overnight. Once they are frozen, peel off the cup & enjoy!



### Freezer tip:

You can pop your paper cups, muffin liners or yogurt cups into an aluminum muffin tray to hold them upright in the freezer.

