

Fruity Frozen Yogurt Pops

- Makes 8 servings -



Ingredients

1 cup fresh, ripe nectarines, pineapple, or strawberries, chopped
1-1/2 cups plain yogurt
1/3 cup honey
1 teaspoon vanilla
8 paper cups (3 oz.) and popsicle sticks or plastic spoons

Directions

In a blender, combine all ingredients; mix well. Pour into eight (3 oz.) paper cups; insert popsicle sticks or plastic spoon in center of each. Freeze 4 hours or until solidly frozen.

Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

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