Very Berry Yogurt Popsicles

This cool treat is low in sugar, high in calcium, protein and antioxidants and a wonderful alternative to store-bought popsicles. Yogurt shopping tip: If you desire a probiotic benefit from your yogurt, look for a low-sugar brand that has at least 100 million cultures per gram. Yield: 12 popsicles

Ingredients:

2 cups Frozen berry blend (raspberries, strawberries, blueberries, etc…)
1 T Honey (if desired!)
24 oz. Vanilla Greek yogurt, less sugar
12 each 3 oz. paper cups (or popsicle mold)
12 each Popsicle sticks (or plastic spoons)

Instructions:

1. In a medium bowl, lightly mash frozen berries. Drizzle on honey, mix.
2. In paper cups, alternate layers of yogurt and berry mixture. Place popsicle sticks into each individual cup. Freeze.
3. When ready to eat, remove paper cup.

Nutrition facts (per serving)

88 calories| 2 gm fat | 14 gm carbohydrate | 5 gm protein | 43 gm sodium