BERRY YOGURT POPS

Serves: 8
Approximate Cost of the Recipe: $3.85
Approximate Cost per Serving: $0.48

INGREDIENTS:
1 cup plain Greek yogurt
½ teaspoon vanilla extract
2 cups frozen fruit (any combination of your favorites will do!)

DIRECTIONS:
1. Mix all the ingredients in a blender until smooth or leave the mixture a little chunky if you prefer.
2. Pour the mixture into the molds/cups and place a popsicle stick in each.
3. Place the molds in the freezer until they are frozen solid (about 3-5 hours, depends on the size of the mold).
4. If using the paper cups for molds, simply peel away the cup to enjoy your popsicle. If the molds are difficult to remove, place them in warm water for a few seconds then pull them out.
5. Serve and enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program.
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