Recipe of the Month - July 2018

Berry Banana Popsicles
Serves 8
Serving Size: 1 popsicle
Cost per serving: $0.32

Ingredients:
- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt

Directions:
1. Stir all ingredients together in a medium bowl.
2. Pour mixture into popsicle molds or paper cups with wooden popsicle sticks.
3. Freeze for at least 6 hours.
4. Run molds under hot running water until popsicles can pull out easily to serve.

Tips:
- Blend all ingredients in blender until smooth. Pour mixture into popsicle molds.
- Try with blackberries, blueberries, cherries, or raspberries.

NUTRITION FACTS PER SERVING: 50 calories, 0g total fat (0g sat. fat), 0mg cholesterol, 25mg sodium, 10g carbohydrates, 1g fiber, 6g sugar, 2g protein