



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



Make MyPlate Your Plate

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

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2018 Nutrition & Fitness Calendar*