



Recipe of the Month - May 2014

Apricot Pops

Serves 8

Serving Size: 1 popsicle (½ cup)

Ingredients

- 1 can apricots, packed in light syrup or juice (15 ounces)
- 2 cartons low fat, sugar free vanilla yogurt (6 ounces each)

Directions

1. Drain apricots.
2. Combine drained apricots and yogurt by blending in blender or food processor until smooth.
3. Pour mixture into 8 small paper cups.
4. Place cups in freezer.
5. After 30 minutes or when they begin to freeze, stand a wooden stick or plastic spoon in the cups.
6. Freeze 3 to 4 hours or until solid.
7. Remove from cups to serve by placing bottom of cup under hot running water for 20 seconds.

*No blender? Mince apricots on a cutting board.

*Make pops with plain Greek yogurt. Try adding honey to naturally sweeten.

*Serve like ice cream by pouring mixture into plastic container, cover and freeze 3 to 4 hours until firm.



Make MyPlate Your Plate

NUTRITION FACTS PER SERVING: 35 calories, 0 g total fat (0 g sat. fat), 0 mg cholesterol, 25 mg sodium, 7 g carbohydrates, 1 g fiber, 6 g sugars, 2 g protein