

Fruity Yogurt Pops

Almost everyone I know loves a nice bowl of ice cream every now and then - and for some now more often than then. This recipe is great to have as a healthier option to traditional fat-laden frozen treats. You will still find your sweet tooth satisfied without the guilt setting in later. Try it with your favorite flavor of yogurt. Yields: 10 servings.

Ingredients

- 2 cups (16 ounces) reduced-fat strawberry yogurt
- 1 can (8 ounces) unsweetened crushed pineapple
- 1 Tablespoon honey
- 2 to 3 drops red food coloring, optional

Instructions

- In a food processor or blender, combine the yogurt, pineapple, honey and food coloring if desired; cover and process until smooth. Pour 1/4 cupfuls into 10 plastic molds or 3-oz. paper cups; top with holders or insert wooden sticks.
- Freeze until firm, about 8 hours or overnight. Nutritional Analysis: One yogurt ice pop equals: 61 calories, trace fat, 13g carbohydrate, 2g protein.