

# Smart Pops



## Nutrition Facts

8 servings per container  
Serving size 1 Popsicle

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes --g Added Sugars	--%
<b>Protein</b> 2g	
Vitamin D 1mcg	6%
Calcium 72mg	6%
Iron 0mg	0%
Potassium 86mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Makes**  
8 popsicles
- Prep time**  
5 minutes
- Set time**  
3 hours
- Low in**  
Fat  
Sodium

- Ingredients:**
- 2 cups non-fat vanilla yogurt
  - 1 cup fresh or frozen fruit, such as mandarin, mango, or papaya



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## Directions:

1. Dice fruit chunks into smaller pieces and place in mixing bowl.
2. Add vanilla yogurt. Mix well.
3. Fill one popsicle mold or small paper cup with 1/3 cup of the yogurt mix, and repeat for remaining mixture. If using cups, secure each cup with foil or plastic wrap, and place a popsicle stick through the center of the foil or wrap and down into the cup.
4. Place in freezer for 2-3 hours, or until frozen and set.

**Change it up:** Use different mix-ins, like fresh local fruit, dried fruit, or different flavored non-fat yogurt.

**Serve:** Use a paper cupcake cup to prevent melted yogurt from dripping. After removing the popsicle from the mold or cup, place the cupcake cup underneath the base of the popsicle by poking a hold through the middle and sliding upwards.

