

# Homemade Frozen Yogurt Pops with Peaches

Two cups of chopped fresh or frozen fruit can be subbed for the peaches, so you can constantly experiment with these refreshing frozen yogurt pops from the Simple Cooking with Heart program.

## Ingredients

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 **Servings** 6

1 16-ounce package frozen unsweetened peach slices, thawed, divided use

1 cup fat-free, plain yogurt

1 tablespoon honey

## Directions

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 **Tip:** Click on step to mark as complete.

Put 1½ cups peaches, the yogurt and honey in the bowl of a food processor. Process for about 1 minute, or until the mixture is pureed. (You can also put the ingredients in a large bowl and use an immersion blender to puree.)

Transfer the puree to a bowl or large liquid measuring cup with a spout. Chop the remaining peaches into bite-size pieces. Stir into the puree, along with any liquid from the package.

Pour the mixture into ice pop molds, filling each one almost to the top. Freeze overnight.

At serving time, hold the popsicle molds under warm running water to loosen the ice pops.

## Quick Tips



**Cooking Tip:** This recipe yields about 3 cups. The size of your yogurt pops may vary depending on the size of your mold.

**Keep it Healthy:** Reduce the amount of fruit by ½ cup and stir in ½ cup low-fat granola to make breakfast yogurt pops!

**Tip:** Don't have ice pop molds or sticks? Pour the mixture into an ice cube tray. Cover it with plastic wrap. Push a toothpick through the wrap and into the center of each cube. When the cubes are frozen, pull off the plastic wrap, and you'll have bite-size yogurt pops.

**Tip:** You can replace the package of frozen peach slices with one 15-ounce can of peach slices, packed in their own juice.

 **Calories**

66 Per Serving

 **Protein**

3g Per Serving

 **Fiber**

2g Per Serving

 **Cost Per Serving**

\$0.67

## Nutrition Facts

<b>Calories</b>	66
<b>Total Fat</b>	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.2 g
<b>Cholesterol</b>	1 mg
<b>Sodium</b>	32 mg
<b>Total Carbohydrate</b>	13 g
Dietary Fiber	2 g
Sugars	9 g
<b>Protein</b>	3 g

**Dietary Exchanges**

1/2 other carbohydrate, 1/2 fruit