



PEANUT BUTTER YOGURT POPSICLES

These popsicles make for a delicious homemade dessert! With just a few, nutritious ingredients, they are a healthy alternative to many of the popsicles you may find at your local grocery store. If you don't have a popsicle mold, you can use 3 oz paper cups with popsicle sticks instead.

Yield: 4-6 popsicles (depending on materials)

Ingredients:

- 1 cup **vanilla Greek yogurt**
- ¼ cup of **fruit**, chopped (strawberries, raspberries, cherries, etc.)
- ¼ cup creamy **peanut butter** or nut-free butter (like SunButter or WowButter)

Instructions:

- 1) Mix the ingredients into a bowl until well-combined.
- 2) Add the mixture to a sealable and squeeze contents to bottom of the bag. Cut away one corner of the plastic bag to prepare to squeeze into molds (like an ice cube tray, paper cups, or popsicle molds). Mixture can also be spooned into molds.
- 3) Tap molds gently on the countertop to knock the air bubbles out.
- 4) Freeze for 4-6 hours. The amount of time it takes to freeze the pops will depend on how big your molds are.

Per Serving: Calories 132, Protein 8g, Saturated Fat 2.7g, Sodium 75mg, Fiber 0.8 g, Sugars 4g

This recipe was adapted from <https://pitchforkfoodie.com/chocolate-and-peanut-butter-greek-yogurt-popsicles/>