

Peach Blackberry Pops



Ingredients:

- 2 cups low-fat vanilla yogurt
- 1/2 cup low-fat milk
- 1 large peach, diced
- 1 – 6 ounce container blackberries

Directions:

1. In a mixing bowl, stir yogurt and milk. Gently stir in fruit.
2. Pour into small cups or popsicle molds.
3. Cover tightly with plastic wrap. Insert popsicle sticks through plastic wrap.
4. Freeze until solid.
5. Remove from freezer five minutes before serving.

Makes 8 servings.



Tarrant County Public Health
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