

# WHY ACT NOW

## YOGURT POPS



### Ingredients

- 2 x (113g) yogurt container
- 2 popsicle sticks or plastic spoons

### Directions

Using knife, cut small slit, insert stick, freeze overnight. To loosen, run warm water on bottom edge, remove cover. Pull out. *Makes 2 servings.*

### **Nutrition Facts**

Serving Size 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 15
<b>% Daily Values*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 17g	
<b>Protein</b> 4g	<b>8%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

**Yogurt** is rich in calcium and full of beneficial bacteria to promote a healthy gut and digestion! A great treat instead of ice cream or a Slurpee.