



Homemade Fruity Yogurt Pops

Ingredients

1 ½ large mangoes, cut into chunks
2 cups fat-free plain yogurt

½ cup sugar
½ cup fat-free milk

Instructions

1. Pulse the mangoes, yogurt, sugar and milk in a blender until smooth.
2. Pour the mixture into 8 4-ounce ice pop molds.
3. Insert a wooden stick into each and freeze for 6 hours.
4. Unmold before serving.

Nutrition Facts

114cal; Calories From Fat: 2cal; Calories From Satfat: 1cal; Fat: 0g; Total Sugars: 24g; Carbohydrates: 25g; Saturated Fat: 0g; Cholesterol: 2mg; Sodium: 55mg; Protein: 4g; Calcium: 145mg; Magnesium: 17mg; Potassium: 241mg; Dietary Fiber: 1g; Folate Dfe: 14mcg; Mono Fat: 0g; Other: 0 carb; Soluble Fiber: 0g

Source <http://www.menshealth.com/recipes/homemade-fruity-yogurt-pops>

