

STRAWBERRY SHORTCAKE POPS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 16 (Serving = 1 popsicle)

Nutrition (per serving)

Calories: 76

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 33 mg

Total Carbohydrate: 14 g

Dietary Fiber: 0.5 g

Protein: 5 g



Ingredients

- 3 cups fat-free vanilla Greek yogurt
- 6 cinnamon graham cracker squares, crushed (use gluten free graham crackers for GF version)
- 1/3 cup strawberry preserves (choose gluten free for GF version)
- 4 large strawberries, diced
- 3 Tablespoons honey
- 1 Tablespoon vanilla extract



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Directions

1. Combine all ingredients in a medium bowl. Stir together until ingredients are combined and mixture is smooth and creamy.
2. Spoon 1/4 cup of yogurt mixture into popsicle molds or small cups.
3. Insert popsicle sticks. Freeze at least 8 hours until set. To easily pop out of molds, run under hot water for 10-15 seconds.