

Healthy Yogurt Pops



Makes 3 servings.

Ingredients:



- 2 (6-ounce containers) [Hiland Dairy Lowfat Blueberry Yogurt](#)
- 2 (6-ounce containers) [Hiland Dairy Fat Free Vanilla Yogurt](#)
- 2 (6-ounce containers) [Hiland Dairy Lowfat Strawberry Yogurt](#)
- Blue and red food coloring, optional
- Craft sticks

- Plastic wrap
- Scissors

Directions:

Empty the blueberry yogurt into a bowl. Set aside.

Empty the strawberry yogurt into a separate bowl. Set aside.

Add a few drops of blue food coloring to the blueberry yogurt and a few drops of red food coloring to the strawberry yogurt. Mix each flavor until well blended.

Tip: This is an optional step. I added the food coloring to enhance the colors.



Wash three of the empty yogurt containers with warm, soapy water. Allow to dry completely.

Layer each flavored yogurt in each container starting with strawberry on the bottom, vanilla in the middle and blueberry on top.

Tip: Be sure not to splatter on the sides.



Cut out three plastic wrap squares large enough to fit over each yogurt container.

Cut a small slit in the center of each square.

Smooth plastic wrap tightly over each container and slowly push a craft stick through each slit.



Freeze until yogurt is completely frozen, about 6 hours.

Remove frozen yogurt from container before serving.