

# Fruit Yogurt Popsicle Sticks

SERVING: 6

RECOMMENDED  
FOR  
**CHILDREN**  
GROUP



## INGREDIENTS:

- 1 cup low-fat yogurt
- 1 cup apple, chopped
- 3 strawberries or any fresh fruit of your choice, cut into halves (Optional)
- 2 tbsp honey
- 6 wooden Popsicle sticks
- 6 paper cups (4 ounce size)
- Aluminum foil
- 2 heaping scoops **NUTRILITE Soy Protein Powder Mixed - Delicious Chocolate Flavored**



## PREPARATION METHOD:

- 1 Blend the low-fat yoghurt, chopped apple, honey and **NUTRILITE Soy Protein Powder Mixed - Delicious Chocolate Flavored** until it reaches a desired texture.
- 2 Pour into paper cups, making it  $\frac{3}{4}$  full. Add in strawberries or any fresh fruit of your choice.
- 3 Cover the cups with foil. Make slits in the centre of the foil and insert Popsicle sticks.
- 4 Place it in the freezer for five hours or until frozen.
- 5 Peel off paper cup when serving!

Nutrition fact per serving				
Calories	Carbohydrate	Protein	Fat	Calcium
76.7 kcal	11.4 g	5.8 g	1.1 g	48.3 mg



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