

# Blueberry and Yogurt Ice Pops

Lee Svitak Dean - Minneapolis Star Tribune  
Scripps Treasure Coast Newspapers

## Servings: 8

2 cups blueberries  
7 tablespoons water, divided  
1/4 cup plus 4 tablespoons sugar  
2 cups (generous) Greek yogurt  
1/2 cup honey  
3 tablespoons freshly squeezed lemon juice

In a saucepan, place the blueberries, five tablespoons of water and sugar. Bring to a simmer. Simmer over low heat for 3 to 5 minutes until the blueberries burst. Remove the pan from the heat. Set aside.

In a bowl, mix together the yogurt, honey, lemon juice and remaining two tablespoons of water.

Spoon alternate layers of yogurt and the blueberry mixture into each ice pop mold leaving 1/4-inch at the top to let the mixture expand when it freezes.

Insert the ice pop sticks and freeze.

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Per Serving (excluding unknown items): 109 Calories; trace Fat (1.1% calories from fat); trace Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	109	Vitamin B6 (mg):	trace
% Calories from Fat:	1.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g):	29g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	3mg
Potassium (mg):	43mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	36IU
Vitamin A (r.e.):	3 1/2RE

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1 1/2

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### Nutrition Facts

Servings per Recipe: 8

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#### Amount Per Serving

**Calories** 109 Calories from Fat: 1

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#### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	3mg	0%
<b>Total Carbohydrates</b>	29g	10%
Dietary Fiber	1g	4%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	8%
<b>Calcium</b>	0%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.