

# Kiwi Peach Chunky Pops

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## Servings: 7

*2 cups vanilla low-fat yogurt  
2 tablespoons honey  
1 cup peeled kiwi slices  
1 cup peeled peach slices  
7 3- to 4-ounce paper cups or freezer pop molds  
7 food-safe wooden popsicle sticks or freezer pop sticks*

## Preparation Time: 15 minutes

### Freeze Time: 5 hours

In a medium bowl, combine the yogurt and honey. Stir in the fruit.

Spoon the mixture into the paper cups, making sure that some fruit slices are visible on the surface of the pops.

Freeze for 30 minutes to one hour. Then insert the popsicle sticks.

Freeze for four to five hours or until firm.

Remove from the cups to serve.

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Per Serving (excluding unknown items): 74 Calories; 1g Fat (9.6% calories from fat); 3g Protein; 14g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 43mg Sodium. Exchanges: 0 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	74	Vitamin B6 (mg):	trace
% Calories from Fat:	9.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	73.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	16.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	7mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Daily Value:	n n%
	14g		

## Food Exchanges

<b>Carbohydrate (g):</b>		<b>Grain (Starch):</b>	0
<b>Dietary Fiber (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Protein (g):</b>	3g	<b>Vegetable:</b>	0
<b>Sodium (mg):</b>	43mg	<b>Fruit:</b>	0
<b>Potassium (mg):</b>	145mg	<b>Non-Fat Milk:</b>	0
<b>Calcium (mg):</b>	111mg	<b>Fat:</b>	0
<b>Iron (mg):</b>	trace	<b>Other Carbohydrates:</b>	1
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	1mg		
<b>Vitamin A (i.u.):</b>	35IU		
<b>Vitamin A (r.e.):</b>	10 1/2RE		

## Nutrition Facts

Servings per Recipe: 7

### Amount Per Serving

**Calories** 74 Calories from Fat: 7

#### % Daily Values\*

<b>Total Fat</b> 1g	1%
Saturated Fat 1g	3%
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 43mg	2%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber trace	0%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	1%
<b>Vitamin C</b>	1%
<b>Calcium</b>	11%
<b>Iron</b>	0%

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