

# Bounty Berry Chunky Pops

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## Servings: 7

2 cups berry-flavor low-fat yogurt  
2 tablespoons honey  
1 cup strawberries, halved (or quartered, if large)  
1/2 cup raspberries  
1/2 cup blackberries  
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 berries.

Spoon the mixture into the paper cups, making sure that some whole berries 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): 35 Calories; trace Fat (3.8% calories from fat); trace Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	35	Vitamin B6 (mg):	trace
% Calories from Fat:	3.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	n n%
	9g		

## Food Exchanges

<b>Carbohydrate (g):</b>		<b>Grain (Starch):</b>	0
<b>Dietary Fiber (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Protein (g):</b>	trace	<b>Vegetable:</b>	0
<b>Sodium (mg):</b>	trace	<b>Fruit:</b>	0
<b>Potassium (mg):</b>	72mg	<b>Non-Fat Milk:</b>	0
<b>Calcium (mg):</b>	9mg	<b>Fat:</b>	0
<b>Iron (mg):</b>	trace	<b>Other Carbohydrates:</b>	1/2
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	16mg		
<b>Vitamin A (i.u.):</b>	34IU		
<b>Vitamin A (r.e.):</b>	3 1/2RE		

## Nutrition Facts

Servings per Recipe: 7

### Amount Per Serving

**Calories** 35 Calories from Fat: 1

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	2g	7%
<b>Protein</b>	trace	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	27%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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