

Dessert

Strawberry-Rhubarb Ice Pops

Donna Linihan
TasteOfHome.com

Servings: 8

Preparation Time: 20 minutes

3 cups fresh or frozen rhubarb (1/2-inch pieces), chopped

1/4 cup sugar

3 tablespoons water

1 cup (8 oz) strawberry yogurt

1/2 cup unsweetened applesauce

1/4 cup fresh strawberries, finely chopped

2 drops red food coloring (optional)

8 popsicle molds or disposable plastic cups (3 oz ea)

8 popsicle sticks

In a large saucepan, bring the rhubarb, sugar and water to a boil.

Reduce the heat. Simmer, uncovered, for 10 to 15 minutes or until the mixture is blended and thick. Cool.

Set aside 3/4 cup (save the remaining rhubarb for another use).

In a large bowl, combine the yogurt, applesauce, strawberries, the reserved 3/4 cup of the rhubarb mixture and the food coloring, if desired.

Fill the molds or cups with about 1/4 cup of the fruit mixture.

Top with the holders or insert a popsicle stick into each cup.

Freeze.

Yield: 8 ice pops

Per Serving (excluding unknown items): 68 Calories; 1g Fat (12.0% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 18mg Sodium. Exchanges: 0 Fruit; 0 Fat; 1 Other Carbohydrates.