

# Yogurt Ice Pops

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TasteOfHome.com

**Servings: 16**

**Preparation Time: 15 minutes**

**1/3 cup equivalent sugar substitute**

**1 cup cold water, divided**

**1 envelope unflavored gelatin**

**3 cups frozen unsweetened strawberries, thawed and drained**

**2 cups (16 oz) fat-free strawberry or vanilla yogurt**

**16 popsicle molds or paper cups (3 oz ea)**

**16 popsicle sticks**

In a bowl, combine the sweetener and 3/4 cup of cold water.

Combine the gelatin and the remaining water in a saucepan. Let stand for 2 minutes.

Heat until the gelatin is dissolved. Remove from the heat.

In batches, place the strawberries, sweetened water, gelatin mixture and yogurt in a blender or food processor.

Cover and process until smooth.

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

Top with holders or insert sticks into the cups.

Freeze.

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Per Serving (excluding unknown items): 30 Calories; trace Fat (0.8% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.