

## Blueberry Yogurt Pops

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



**Nutritional Bonus:** Ever wonder what gives blueberries their distinctive color? The blue hue comes from anthocyanins, a plant pigment and antioxidant flavonoid known for its ability to combat free radicals in the body and help reduce your risk of heart disease and hypertension. All that for less than 90 calories a cup!

FOLD LINE

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### BLUEBERRY YOGURT POPS

Makes 8 pops. Hands-on time: 8 minutes. Total time: 4 hours, 8 minutes.



#### INGREDIENTS:

- 2 cups blueberries
- 2 tbsp organic evaporated cane juice
- 2 cups low-fat plain yogurt
- ½ tsp pure vanilla extract
- 1 tsp lemon zest

#### INSTRUCTIONS:

**ONE:** In a medium saucepan, combine blueberries, cane juice and 2 tsp water. Place on medium heat and cook

until blueberries begin to release juices, about 2 minutes. Reduce heat to low and continue cooking for 2 minutes or until blueberries soften. Remove from heat and let cool slightly.

**TWO:** Meanwhile, in a medium bowl, combine yogurt, vanilla and lemon zest. Using a rubber spatula, fold in cooled blueberry mixture. Spoon mixture into ice pop molds, insert sticks and freeze until solid, about 3 to 4 hours.

**Nutrients per pop:** Calories: 74, Total Fat: 1 g, Sat. Fat: 0.5 g, Carbs: 13 g, Fiber: 1 g, Sugars: 11 g, Protein: 3 g, Sodium: 43 mg, Cholesterol: 3 mg