

# CHOCOLATE STRAWBERRY GREEK YOGURT POPS

Chocolate Strawberry Greek Yogurt Pops

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium,  
Vegetarian*

*Serves: 8 (Serving= 1 popsicle)*

## **Nutrition (per serving)**

Calories: 53	Total Carbohydrate: 8
Total Fat: 1 g	Dietary Fiber: 0.5 g
Saturated Fat: 0 g	Protein: 5.5 g
Sodium: 24 mg	

## **Ingredients**

- 2 cups vanilla 0% fat Greek yogurt
- 3 Tablespoons unsweetened cocoa powder  
(choose gluten free for GF version)
- 3 strawberries, chopped finely

## Directions

1. Place Greek yogurt in bowl and mix in cocoa powder and strawberries until well combined.
2. Spoon yogurt mixture into popsicle molds, making sure molds are completely full with no air pockets.
3. Once filled, place popsicle handles on top and place into the freezer for 2 hours, or until completely frozen.
4. Remove from freezer and run under hot water to loosen popsicles from mold for immediate serving.