LEMON BLUEBERRY GREEK YOGURT POPSICLES

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 popsicle)

Nutrition (per serving)

Calories: 52	Total Carbohydrate: 8 g
Total Fat: 0 g	Dietary Fiber: 0.5 g
Saturated Fat: 0 g	Protein: 5 g
Sodium: 24 mg	

Ingredients

- 2 cups vanilla 0% fat Greek yogurt
- ½ cup blueberries
- 2 Tablespoons lemon zest

Directions

1. Place Greek yogurt in bowl and mix in blueberries and lemon zest until well combined.
2. Spoon yogurt mixture into popsicle molds, making sure molds are completely full without air pockets.
3. Once filled, place popsicle handles on top and put 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.

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