

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Frozen Yogurt Popsicles

The best part about these frozen yogurt pops is that the varieties are endless! Whatever flavor yogurt you crave can go right from your fridge to your freezer in minutes! Plus, they are super easy to make! These frozen yogurt pops are as simple as it gets with only a five ingredients, so you can spend less time prepping and more time enjoying the great outdoors and the beautiful summer heat! A quick, easy, lean summer treat!!

Ingredients

- 1/4 cup each: strawberry, black cherry and vanilla non-fat Greek yogurt
- 1 TB unsweetened cocoa powder
- 3 TB vanilla protein powder
- Sprinkles for fun (optional)
- Wooden Popsicle stick



Instructions

Put each of the yogurt flavours into their own small mixing bowl. Add 1 TB of the protein powder to the yogurt in each of the bowls and mix until smooth. Add the cocoa powder to the vanilla and mix to combine. In a Popsicle mold (or tall tumbler glass), layer each of the yogurt mixtures on top of one another. Tap bottom of mold gently against palm of hand or countertop to ensure contents are well settled and to eliminate air bubbles. Place wooden stick in center of frozen yogurt. Put in freezer for at least one hour, or until yogurt is completely frozen. When ready to eat, remove from freezer and let sit for a few minutes to slightly thaw outside and allow for removal of the pop from the mold. Roll the top in some coloured sprinkles for some added fun! Enjoy

Nutritional Information (per serving)

Calories...199

Protein...25 g

Carbohydrate...22g

Fat...1 g

Healthy Living Program ~ *creating body, mind and spiritual health for life!*

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