



Coconut Yogurt Pops

INGREDIENTS

3 cups nonfat vanilla yogurt (not Greek)
1 cup sweetened coconut flakes
½ teaspoon coconut extract

PREPARATION

Combine yogurt, coconut flakes and coconut extract in a medium bowl.

Divide among ten 3-ounce (or similar-size) freezer-pop molds. Insert sticks and freeze until solid, at least 6 hours.

Dip the molds briefly in hot water before unmolding.

SERVES 10

ACTIVE TIME 10M

TOTAL TIME 6H 10M

NUTRITION FACTS

Calories	106
Total Fat	3g
Saturated Fat	2g
Monounsaturated Fat	0g
Cholesterol	1mg
Sodium	75mg
Carbohydrates	17g
Dietary Fiber	1g
Total Sugars	16g
Added Sugars	8g
Protein	4g
Potassium	199mg



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