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## **Strawberry-Yogurt Popsicles**

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2 ½ cups strawberries, sliced and sweetened  
2 cups yogurt, plain low-fat  
12 wooden sticks

1 tablespoon unflavored gelatin  
12 paper cups, 3 ounce

1. Crush strawberries; drain. Place drained liquid in a saucepan and sprinkle with gelatin.
2. Cook over low heat, stirring constantly until gelatin dissolves.
3. Mix strawberries, yogurt, and gelatin mixture in an electric blender until smooth.
4. Placed cups on a tray or in a baking pan.
5. Fill with blended mixture and cover cups with a sheet of aluminum foil. Insert a stick for each Popsicle by making a slit in the foil over the center of each cup.
6. Freeze popsicles until firm.
7. Run warm water on outside of cup to loosen each Popsicle from the cup.

Yield 12 Popsicles