

PATRIOTIC LOAF PAN POPSICLES



Ingredients

- 2½ Cups of Yogurt
- 2½ Cups of Blueberries
- 2½ Cups of Strawberries

Directions

1. Line the loaf pan with plastic wrap.
2. Chop the strawberries and blueberries into small pieces. Mix together with the yogurt.
3. Evenly distribute mixture in the pan.
4. Cover the pan with aluminum foil, cut 10 small slits evenly across the pan, then poke 10 popsicle sticks through (the foil keeps the sticks standing up).
5. Freeze until solid.
6. Remove from the freezer to thaw for about 30 minutes.
7. Slice into 10 slices.

Note: you can also use muffin tins (only divide into 10 of the tins) or 10 popsicle molds. These would follow the same crediting below.

Crediting

Provides a Fruit and Meat/Meat Alternate at Snack.

Toddler
1 Slice

Preschool
1 Slice

School Age
2 Slices