

YIELDS: 8

Creamy Strawberry and Yogurt Popsicle

My goal has been to find a way to use greek yogurt in a dessert! After lots of taste testing and adjustments to my recipe I came up with a creamy strawberry and yogurt dessert. To my surprise, I actually found that there are two ways to make this dessert by changing a few simple components. Enjoy the a yogurt parfait or frozen yogurt popsicle! Weight Watcher Friendly and vegetarian.

PREP TIME

10 Minutes

TOTAL TIME

5 Hours 10 Minutes

Ingredients:

2 C fresh strawberries, chopped
1 TSP stevia
1/2 C fat free cream cheese
1 C fat free greek yogurt
1/2 C sugar free Cool Whip, frozen
1/4 C half and half
1/2 TSP vanilla extract



Instructions:

Add strawberries and stevia to a small bowl. Stir and let sit for 10 minutes. Reserve 1/2 cup of mixture and set aside.

Add main mixture of strawberries, stevia, cream cheese, greek yogurt, Cool Whip, half and half and vanilla to a blender and process.

Add yogurt and strawberry blend to a mixing bowl with a spout. Stir in remaining chopped strawberries.

Pour mixture into Popsicle molds and freeze for at least 5 hours.