

# 4th Of July American Flag Popsicles

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/4th-of-july-american-flag-strawberries-recipe>

## Ingredients:

- plain yogurt
- 1 cup blueberries
- 1 1/2 cups strawberries

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 25 milligrams
9. Sugar: 10 grams

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