

# Greek Yogurt Fruit Pops

Yield: 8 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-frozen-fruit-smoothie-recipe>

## Ingredients:

- 2 cups frozen fruit or fresh, I used 1 banana, strawberries, and blueberries
- 2 cups greek yogurt low-fat or fat-free vanilla flavored
- 1 1/2 teaspoons vanilla extract
- 2 teaspoons Truvia or sub another sweetener

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 30 milligrams
9. Sugar: 5 grams

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