

# Homemade Healthy Poptarts

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-fruit-jelly-candy-recipe>

## Ingredients:

- 3 1/2 cups whole wheat flour
- 1 teaspoon sea salt
- 1 cup melted butter
- 1 cup plain yogurt
- 5 ounces fruit jelly 100%, or jam – any flavor you like!

## Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 130 milligrams
4. Fat: 50 grams
5. Fiber: 13 grams
6. Protein: 17 grams
7. SaturatedFat: 30 grams
8. Sodium: 950 milligrams
9. Sugar: 3 grams

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