Yogurt Breakfast Popsicles

**SERVINGS: 6**

Prep time: 5 minutes  
Freeze time: 4 hours

**INGREDIENTS**

1 cup Greek yogurt, plain, non-fat  
½ cup milk 1% or skim   
½ cup regular or instant oats   
1 cup mixed berries or chopped fruits

**DIRECTIONS**

1. Mix together the milk and yogurt.
2. Divide the mixture between your popsicle molds.
3. Place a few berries into each mold.
4. Divide the ½ cup oatmeal among each mold.
5. Place a wooden ice cream stick into each mold and place the popsicles into the freezer for at least 4 hours before eating.
6. To remove the popsicles, run the mound under a little hot water until they come loose.

**NUTRITIONAL VALUES**

Serving size: 1 popsicle  
Calories: 75  
Fat: 0.6 grams  
Cholesterol: 3 milligrams  
Sodium: 36 milligrams  
Carbohydrates: 11 grams  
Dietary Fiber: 1.5 grams  
Sugar: 4 grams  
Protein: 5 grams