

Homemade Peach Frozen Yogurt

Two cups of chopped fresh or frozen fruit can be subbed for the peaches, so you can constantly experiment with these refreshing popsicles from the Simple Cooking with Heart program.

Ingredients:

1-16oz package of frozen peaches (no sugar added), thawed, divided
1 cup nonfat, plain Greek yogurt
1 Tbsp honey



Directions:

1. In the bowl of a food processor, add 1 ½ cups thawed peaches from bag, yogurt, and honey. Process about 1 minute until mixture turns into a puree. (Alternatively, add ingredients into a bowl and puree with an immersion blender.)
2. Transfer puree to a bowl or large liquid measuring cup with a spout for easy pouring. Chop remaining peaches into bite-sized pieces and add into the bowl, along with any lingering peach liquid from the bag.
3. Divide mixture among popsicle molds, filling each one almost to the top. Place in the freezer overnight.
4. To remove from molds, hold under warm water until popsicle can be easily pulled free.

Cooking Tip: This recipe yields around 3 cups; the amount of popsicles may vary depending on the size of your popsicle molds.

Keep it Healthy: Decrease the amount of fruit by ½ cup and add ½ cup granola into the mix to turn these into breakfast popsicles.

Tip: Don't have popsicle molds or sticks? Try pouring the mixer into an ice tray, covering with plastic wrap and poking toothpicks through the plastic into the center of each cube. Once they're frozen, pull off the plastic wrap and eat a bite-size popsicle.

Nutrition information: (Per Serving)

1/6 recipe (about 1/2 Cup)

65 Calories

0 g Fat

12 g Carbohydrate

5 g Protein

Recipe modified from:

<https://recipes.heart.org/Recipes/1309/Homemade-Frozen-Yogurt-Pops-with-Peaches#>

CHOOSE WHOLE OR CUT-UP FRUITS MORE OFTEN THAN 100% FRUIT JUICE.

Focus on FRUITS

Fruits are naturally sweet treats that **provide your body with many health benefits** including reduced risk of certain diseases like heart disease and cancer. All fruits including fresh, frozen, canned, dried, and 100% juice count as choices in the fruit group.

Best CHOICES

- **Eat a rainbow** of different colors. Each color is associated with a different health benefit.
- **Buy fresh** fruits when they are in season. Not only will you save money, the fruit will likely taste better too!
- Select fruits **canned in 100% juice or water**, rather than syrup, which adds sugar.
- **Choose whole or cut-up fruits more often** than 100% fruit juice. Fruit juice can count toward daily fruit requirements, but it is missing the benefits of fiber found in the whole fruit.
- **Consider convenience** by purchasing pre-cut packages of fruit, frozen fruits without added sugar, and dried fruits.

NOTABLE NUTRIENTS

Vitamin C is important for growth and repair of body tissues, helps heal cuts and wounds, and boosts your immune system.

Potassium keeps your muscles and nervous system working by keeping the right amount of water in your cells and body fluids.

Dietary fiber helps us feel full, aids in digestion, and helps remove waste.

Folate helps your body form new red blood cells and is an important nutrient for pregnant women to prevent neural tube defects.

FRUIT COCKTAIL 100% JUICE