

Chocolate-Raspberry Frozen Yogurt Pops

Ingredients

2 cups fresh or frozen raspberries
2 cups nonfat or low-fat plain yogurt,
preferably Greek-style
2 tablespoons sugar
½ cup mini chocolate chips



Instructions

Puree raspberries, yogurt and sugar to taste in a food processor until smooth.

Divide the mixture among freezer-pop molds, stopping about 1 inch from the top.

Evenly divide chocolate chips among the molds. Stir the chips into the raspberry mixture, stirring out any air pockets at the same time.

Insert the sticks and freeze until completely firm, about 6 hours.

Dip the molds briefly in hot water before unmolding.

Make Ahead Tip: Freeze for up to 3 weeks.