

## Very Berry Yogurt Swirl Bar

*Fresh berries. Greek yogurt. Combined to make the perfect, cold, and sweet treat on a warm day. How refreshing! Am I right?! Not to mention the probiotics and protein from the yogurt, antioxidants from the berries, and less than 100 calories per bar - added bonus!*

### **Ingredients:**

1 cup	Fresh blueberries
1 cup	Fresh raspberries
2 tbsp	Agave or honey
2 cups	Vanilla Greek yogurt, non-fat (this can really be any flavor though – I use the Dannon Light N Fit)

### **Directions:**

1. Place berries in a food processor. Blend in the processor until the berries have a runny consistency. Dump this mixture into a bowl.
2. Add the honey or agave to the berries. Then, fold in the yogurt. If you mix the yogurt in all the way, the popsicles will not have “Swirls”- they will become more of a solid purple color. So, if you want the swirl, be careful to not overmix.
3. Taste the mix. That’s right! If you want these a bit sweeter, consider adding something like stevia (zero calories) to sweeten them to your liking.
4. Evenly disperse the yogurt mix into the popsicle molds (6 total bars). Click [here](#) for the molds I use, but any popsicle molds can work!
5. Insert the popsicle sticks (or wooden sticks if you don’t have sticks). Freeze for 6-8 hours.
6. For easy removal from the mold, briefly run the mold under hot water.

### **Nutrition Facts:**

Servings: 6 bars  
Serving size: 1 bar

Very Berry Yogurt Swirl Bar		
Nutrition Facts		
Serving Size: 1 Bar		
Amount Per Serving	% Daily Value*	
Calories	92.5 kcal	5 %
Total Fat	0.4 g	1 %
Saturated Fat	0.1 g	1 %
Trans Fat	0 g	
Cholesterol	1.4 mg	0 %
Sodium	28.4 mg	1 %
Total Carbohydrate	16.2 g	5 %
Dietary Fiber	1.9 g	8 %
Sugars	13.1 g	
Protein	6.7 g	13 %
Vitamin A	1 %	Vitamin C 13 %
Calcium	9 %	Iron 2 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a> </>		