

Strawberry Ginger Yogurt Pops

From Cooking Light's "SnackTastic" 150 calorie snacks that keep you satisfied

Ingredients

2 cups quartered strawberries

1/4 c. sugar

2Tbl water

1/2 tsp grated fresh ginger (I used a teaspoon)

1Cup plain Greek yogurt

1 tsp fresh lime juice (I used half a lime)

Instructions

1. Combine the first 4 ingredients in a medium saucepan. Bring to a boil; reduce heat and simmer, uncovered, 5 minutes or until berries are softened, stirring occasionally. Place strawberry mixture. in a blender; process until smooth. Add yogurt and lime juice. Process until just blended.

2. Fill 8 3 oz ice-pop molds with mixture according to manufacturer's instructions or place in a freezable dish with a top on it for 8 hours or until firm. Serves 8.