

Makes 8 servings

Ingredients

- 4 ounces semi-sweet chocolate chips
- I cup low-fat (1%) milk
- 1/3 cup cocoa powder
- ½ teaspoon vanilla extract
- 2 cups nonfat black cherry Greek yogurt (four 4-ounce containers)

Directions

- I. Place chocolate chips in medium bowl, set aside.
- 2. In a large microwave-safe bowl, pour in the milk. Add cocoa powder and whisk together.
- 3. Microwave on high for 1 minute. Whisk. Microwave on high for 1 more minute. Whisk. Continue microwaving on high until the mixture simmers. Whisk every 30 seconds. Watch carefully to avoid spills.
- 4. Carefully pour heated mixture over chocolate chips. Let sit for 5 minutes and then mix together until chips are completely melted.
- 5. Stir in vanilla and yogurt.
- 6. Pour about 1/3 cup of mixture into Popsicle® molds. You can also use paper or plastic cups. Freeze for at least 5 hours.



DESSERT



TIP

This yogurt pop will keep in the freezer for 1 month.

(F) = gluten free

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Nutrition Facts

Serving Size 1 yogurt pop (134g) Servings Per Container 8

Calories 160	Calories	from Fat 45
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 3g		15%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 50mg		2%
Total Carbohyo	drate 24g	8%
Dietary Fiber	2g	8%
Sugars 20g		
Protein 9g		

Protein	96

Calcium 10%	6 • 1	Iron 6%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or l	
,,-	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	250
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400m
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Recipe contains: Milk Carb choices per serving: 1 ½