

## **Creamy Vanilla Prune Popsicle**

Makes 6 popsicles

*These frozen treats are delicious and contain the bone strengthening duo: prunes + yogurt.*

### **The Ingredients**

10 Sunsweet prunes

4 tablespoons hot water

2 cups 2% plain yogurt

1 tablespoon honey

1 teaspoon pure vanilla extract

### **The Steps**

1) In a food processor, puree Sunsweet prunes and hot water until smooth. Add in yogurt, honey, vanilla and pulse until combined.

2) Spoon mixture evenly into 6 popsicle molds and freeze for at least 4 hours.

*Optional: Add a layer of granola in the middle of each popsicle.*

Nutrition (1 pop): 100 calories, 1.5g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 25mg sodium, 16g carbohydrate, 1g fiber, 12g sugar, 7g protein, 4% vitamin A, 6% calcium, 0% vitamin C, 0% iron