



Featured Recipe

Olson Women's Health Resource Center
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Creamy Fruit Popsicles

Your kids are going to love this one and it is perfect for a hot summer day. They will think they are getting a treat, but you will know you are providing them with a healthy snack that contains fruit and dairy. Bonus is that it doesn't take a lot of time to prep and you probably already have most of the ingredients. Low fat milk works just fine for this recipe if you want to cut back on calories or fat content. Enjoy!

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INGREDIENTS

- ¾ cup plain Greek yogurt
- ½ cup fruit jam, ex. blackberry, strawberry, raspberry, and mango peach
- 1 tsp vanilla extract
- ¼ cup whole milk or canned coconut milk
- 6 – 8 Dixie cups
- 6 – 8 popsicle sticks
- popsicle molds

INSTRUCTIONS

1. In a bowl, stir together the yogurt, fruit jam, milk, and vanilla. Add additional milk, if needed to thin the mix if it feels too creamy.
2. Evenly divide the mix between 6 – 8 Dixie cups or popsicle molds. Insert popsicle sticks.
3. Freeze until it's firm, four hours to overnight. To make layered popsicles, pour 2 – 3 flavors into each mold. Keep in the freezer until ready to eat!
4. **NOTE:** To remove popsicles from the popsicle mold, run the mold under hot water for 10 seconds and then pull the popsicle out. This recipe recommends using Dixie cups over molds as the popsicles can be hard to remove from the molds.

Prep Time: 15 minutes

Chill Time: 240 minutes

NUTRITION

Calories: 89 kcal

Servings: 6 – 8

Fat: 2g

Sugars: 3g

Olson Wellness Exchange

The Olson Wellness Exchange is a free wellness program offered by the Olson Center. Designed to help community members incorporate health and wellness into their daily lives; by joining the Olson Wellness Exchange you will receive up-to-date information on Olson Center educational offerings and learn about companies in Omaha area that are working to improve wellness in the community. Some benefits of your FREE O.W.E. Membership include monthly e-mails or mailers with current offerings and promotions from O.W.E. Partners, a free subscription to our quarterly women's health newsletter, and notifications of educational seminars specific to health issues. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health – Resource office located on the 4th Floor of the Durham Outpatient Center on UNMC's main campus. Registration can also be completed online at www.unmc.edu/obgyn/community/.

