

Jobs offers this recipe for Frozen Strawberry Yogurt Pops excerpted from her book **Sensational Stevia Desserts:**

Frozen Strawberry Yogurt Pops

Serving Size: 1 popsicle • Total Servings: 5 (5oz.) popsicles or 13 (2oz.) popsicles

*2 cups unsweetened frozen whole strawberries, thawed slightly
(or 1 cup pureed fresh fruit)*

1 cup (8 oz.) plain nonfat yogurt

1/3 tsp. stevia extract

1 tsp. vanilla extract

Blend strawberries and a 1/2 cup of the yogurt in food processor until strawberries are finely chopped. Add remaining yogurt, stevia and vanilla. Blend until smooth. Divide mixture evenly among 5 plastic popsicle holders, Freeze for about 3 hours or until firm.

If you don't have plastic popsicle holders, you can divide the mixture evenly among 5 (5 oz.) paper cups. Cover tops of cups with foil, then make a slit in the center of the foil with a knife tip and insert a wooden popsicle stick into each cup. Freeze for 3 hours or until firm. Tear away paper and enjoy!

Optional: Use raspberries, bananas, blackberries or a combination of fruit.

Nutrition per Serving

	5 oz. popsicle	Comparison 2 oz. popsicle
Calories	51	19
Fat	0 g	0 g
Carbohydrates	9 g	4 g
Protein	3 g	1 g
Cholesterol	<1 mg	0 mg
Dietary Fiber	1 g	0 g
Sodium	39 mg	15 mg
Total Sugars	7 g	3 g

The main drawback to a store-bought popsicle with yogurt is the carbohydrate/sugar content. I didn't find many, but the couple I did find had 21g and 22g carbs and 15g to 16g of sugar. Of course, this is very different from these stevia popsicles that have only 4g to 9g of carb and 3g to 7 g of sugar.

Sensational Stevia Desserts by Lisa Jobs, B.A., M.J.
Foreword by Andrew P. Mandell, Executive Director,

Defeat Diabetes Foundation

120 pages • 8" x 8" • 8-Page Full-Color Photo Insert

Line Illustrations • Nutrition Facts

ISBN: 0-9765245-4-6 • \$19.95 trade paperback original

Published by Healthy Lifestyle Publishing LLC, 9/05

For more information, go to www.steviadessert.com.

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