



**COOL IDEA**  
**Fro Yo Pops**

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I found an easy way to make healthy Popsicles for my kids. I buy the small “kids” yogurt cups, the kind with foil lids, and then I make a small cut in the top of each lid with a paring knife. I put a clean Popsicle stick through each hole into the center of each cup and freeze them. When they’re frozen solid, I run them under hot water for a second and they come right out. *Voilà*: homemade yogurt pops.

**HOT TIP**