



## Easy Vanilla Freezies



1/6 of recipe (1 piece, before mix-ins): 65 calories, 2.5g total fat (2g sat. fat), 7mg sodium, 9g carbs, 0g fiber, 6g sugars, 1.5g protein

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**Prep:** 5 minutes

**Freeze:** 3 hours



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## Ingredients

1 1/2 cups light whipped topping (thawed from frozen)  
1/2 cup fat-free vanilla Greek yogurt  
Optional add-ins: see variations below.

## Directions

In a medium bowl, combine whipped topping with yogurt. Mix until uniform.

Distribute mixture among the cups of a [6-cup silicone muffin pan](#) (or 6 cups of a standard muffin pan lined with liners).

Lightly cover with foil and freeze until firm, at least 3 hours.

### MAKES 6 SERVINGS

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