



HOW TO BOOST WILLPOWER

It turns out that willpower may be a finite resource, so it's no wonder you're more likely to bend to temptation later in the day.

Click the link below to try a few of these tips to build up your willpower so you can keep positive habits going strong.

August



Mixed Berry Popsicles

 SERVES 4 / SERVING SIZE 1 POPSICLE

Ingredients

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener **OR** 1 stevia sweetener packet
- 5 drops unflavored liquid stevia sweetener
- 1 squeeze strawberry kiwi stevia water enhancer
- 1 1/2 cups frozen, mixed berries

Directions

In a medium bowl, stir together the yogurt, stevia sweetener, liquid stevia sweetener, and stevia water enhancer. Gently fold in the berries.

Spoon the mixture into four popsicle molds. Secure the tops on the popsicle molds. Freeze for 4 hours, or until the popsicles are frozen solid.

If you don't have popsicle molds, you can substitute four 6- to 8-ounce plastic or paper cups. Pour the mixture into the cups. Cut four 3- to 4-inch pieces of aluminum foil. Using one piece of foil for each cup, securely cover the top and sides of the cup. Poke a popsicle stick into each cup through the middle of the foil. The foil will help the stick stay in place while freezing.

To serve, dip the popsicle mold or plastic or paper cup quickly into warm water to help loosen the popsicle.

Tip: Store the popsicles in the freezer for up to one month.

Nutritional Facts

Calories	56	Cholesterol	3 mg
Total Fat	0.5 g	Sodium	20 mg
Saturated Fat	0.0 g	Total Carbohydrate	8 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	0.0 g	Sugars	6 g
Monounsaturated Fat	0.0 g	Protein	6 g

Dietary Exchanges: 1/2 fruit, 1 lean meat

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