

BLUEBERRY YOGURT POPSICLES

SERVING: 6 POPSICLES

YOU WILL NEED:

- POPSICLE MOLDS
- 2 CUPS OF BLUEBERRIES
- 2 TABLESPOONS OF HONEY/ANY LIQUID SWEETENER
- 2 CUPS OF UNSWEETENED YOGURT

STEPS:

1. BLEND THE BLUEBERRIES IN A BLENDER.
2. POUR THE BLUEBERRY PASTE INTO A BIG BOWL. STIR IN HONEY. ADD THE YOGURT AND COMBINE EVERYTHING TOGETHER. TO HAVE WHITE AND PURPLE SWIRLS IN YOUR POPSICLES, DO NOT FULLY MIX IT.
3. POUR MIXTURE INTO POPSICLE MOLDS. INSERT THE STICK AND COVER THEM TIGHTLY. PUT IN THE FREEZER FOR 6 HOURS!
4. OPTION FOR MOLDS- PLACE MIXTURE IN A CUP AND STICK A POPSICLE IN.
5. ENJOY!

