# Berry yogurt popsicles

## Ingredients

2 cups of frozen berries or other fruit, e.g. mango

2 cups of unsweetened or Greek yogurt

1-2 tbsp honey

## Equipment:

Popsicle moulds

Popsicle sticks

Blender or food processor

## Directions

1) Blend fruit of choice in food processor until a smoothie like consistency.

2) Pour fruit mix into a large bowl. Add 1 tbsp honey.

3) Add yogurt to fruit/honey mixture and gently mix (if you want a tie dye look like above don't fully mix) taste test and add the rest of the honey if needed.

4) Pour mixture into each popsicle mould. We recommend freezing them for 1-2 hours and then insert the popsicle stick so it stays in place in the centre. Continue to freeze for 4-6 hours or overnight.

5) Run popsicle moulds under hot water so they are easy to remove and eat on a hot day.

Enjoy!

We would like to hear your feedback! 😊😊