

Greek Yogurt Popsicles

Greek Yogurt Popsicles are the perfect summer treat for the entire family! With only 2 simple ingredients, you can prepare these popsicles in 10 minutes and leave them to rest in the freezer overnight. Berries and bananas work best for this recipe, but feel free to experiment with other fruits! It is important to note that every popsicle mold will differ, but this recipe makes 2 cups of filling. If you have extra filling and limited molds, store the filling overnight in the refrigerator and refill the mold the next day to make more popsicles. Enjoy!

Yield: 6 popsicles, dependent on mold

Serving Size: 1 popsicle

Ingredients:

- 2 cups cleaned fruit (i.e. strawberries, bananas, blueberries, raspberries, etc.)
- 2 cups greek yogurt, unsweetened or vanilla
- ¼ cup honey (omit if you are using a sweetened yogurt)

Instructions:

1. Add fruit, greek yogurt, and honey (if using) to a blender (or a bowl).
2. Blend until smooth (or mash fruit with a fork and stir in yogurt and honey by hand).
3. If your fruit has seeds in it (such as blackberries or raspberries), strain the mixture, if desired.
4. Pour the mixture into the popsicle molds (or use small paper cups). Add popsicle sticks.
5. Freeze overnight until frozen.
6. Eat right away or store popsicles for up to 2 weeks in the freezer.

Per Serving: Calories 193 kcal, Carbohydrates 45g, Protein 4g, Sat Fat 1.4g, Sodium 12mg, Sugar 20g

This recipe was adapted and modified from LEXI'S CLEAN KITCHEN <https://lexiscleankitchen.com/greek-yogurt-popsicles/>.