

BERRY POPSICLES

Makes: 4-6 servings (depending on the container used) | Total Time: 5 minutes to prepare 1-2 hours to freeze

INGREDIENTS

2 1/2 cups rinsed, hulled strawberries

1 1/2 cups nonfat plain yogurt

2 tablespoons honey

1 tablespoon lemon juice

TIP

Substitute bananas for a sweeter flavor or try any fruit that is in season. Honey is not recommended for children under 1 year of age.

INSTRUCTIONS

1. Add all ingredients together in a blender. Blend until smooth.
2. Pour into popsicle molds or paper cups and use wooden craft sticks for the handle.
3. Freeze until solid.