Berry Yogurt Pops

Recipe by the Food Bank’s Healthy Habits Team who bring nutrition education directly to the people who need it most – the guests of Food Bank member agencies.

Yields about 20 (depends on the size mold or cup you use).

INGREDIENTS:

• 1 cup plain Greek yogurt
• ½ tsp vanilla extract
• 2 cups frozen mixed fruit, or your favorite kind
• Popsicle molds or paper cups
• Wooden popsicle sticks

DIRECTIONS:

1. Mix all the ingredients in a blender until smooth or leave the mixture a little chunky if you prefer.
2. Pour the mixture into the molds/cups and place a popsicle stick in each.
3. Place the molds in the freezer until they are frozen solid (about 3-5 hours, depends on the size of the mold).
4. If using the paper cups for molds, simply peel away the cup to enjoy your popsicle. If the molds are difficult to remove, place them in warm water for a few seconds then pull them out and enjoy!

TIPS:

• If you use flavored yogurt, skip the vanilla and honey.
• Experiment! Use any kind of fruit to enjoy these treats all summer long.