



# blueberry yogurt popsicles

## SERVINGS

6

## TIME

15 minutes prep time  
3 hours to freeze

## INGREDIENTS

- 2  $\frac{1}{4}$  cups blueberries
- 3 tablespoons honey, divided
- 2 cups plain yogurt
- 2 tablespoons milk (optional)

## EQUIPMENT

- food processor or saucepan
- spatula
- large bowl
- measuring cups and spoons
- popsicle mold
- large flat spoon for filling

## DIRECTIONS

- Place blueberries in a food processor and pulse a few times to let them burst. If you don't have a food processor, put the blueberries in a saucepan over medium low heat. Cook, stirring constantly, until blueberries begin to burst. Add 1 tablespoon honey to blueberries and stir with a spatula to combine.
- Measure out the yogurt. If it is too thick to be pourable, add 2 tablespoons milk and stir to combine. Add 2 tablespoons honey if using plain yogurt.
- Transfer blueberry mixture to a mixing bowl. Add yogurt, and stir just a little bit. Don't combine all the way; this way you will have blue and white streaks.
- Pour into popsicle molds or mini dixie cups. Add a few whole blueberries as you go from the remaining  $\frac{1}{4}$  cup for a surprise!
- Freeze for few hours before enjoying.

## TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy.
- Let kids do the measuring.
- Use a large wide spoon to help fill the molds with less mess.

## EXTRA!

- Try making this with other fruit too. You could use strawberries or sweet cherries. You can combine different fruits together too!

