

• 2 cups blueberries (or any fruit you

• 2 Tablespoons honey or maple syrup

• 2 cups plain Greek yogurt ~ 7 servings

prefer!) ~ 2 servings of carbs

of protein, 1 serving of carb

~ 2 servings of carbs

Ingredients

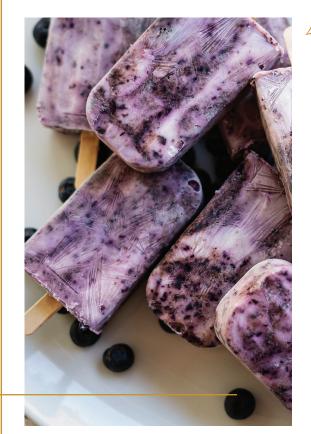
Blueberry Greek Yogurt Popsicles

prep time 10 minutes total time 6 hours



Instructions

- 1 Blend the fruit in a food processor or blender on high speed until nearly liquified into a smoothie-like consistency.
- Pour the thick liquid into a large bowl. Stir in the honey/maple syrup. Add the yogurt and very gently mix everything together. If you want a swirly look to your popsicles- do not fully blend the yogurt and blueberries. You want those patches of white and blue. The mixture will be thick.
- 3 Pour mixture evenly into each popsicle mold. If your popsicle mold has slots for sticks, you can insert them before freezing – if not, freeze for 2 hours, then put a wooden popsicle stick in the middle (that is what I did). Continue to freeze for an additional 4-6 hours or overnight.



Run popsicle molds under warm water to easily remove. Eat on a hot day. Enjoy!

Whole Recipe Breakdown: Protein: 7 servings Carb: 5 servings Fat: 0 servings Veggies: 0 servings



‡ simple dessert