



Blueberry Greek Yogurt Popsicles



prep time
10 minutes



total time
6 hours



servings
6

Ingredients

- 2 cups blueberries (or any fruit you prefer!) ~ 2 servings of carbs
- 2 Tablespoons honey or maple syrup ~ 2 servings of carbs
- 2 cups plain Greek yogurt ~ 7 servings of protein, 1 serving of carb

Instructions

- 1 Blend the fruit in a food processor or blender on high speed until nearly liquified into a smoothie-like consistency.
- 2 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.
- 4 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