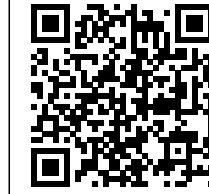


# Yogurt Popsicles



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Recipe by: Laura Vitale

*Makes about 6 to 8 depending on size of the mold*

**Prep Time: 7 minutes**

**Cook Time: minutes**

## Ingredients

\_\_ 2 cups of Frozen Berries

\_\_ 1 cup of Plain Yogurt

\_\_ 1 ½ cups of Milk

\_\_ 3 to 4 Tbsp of Honey (depending how sweet you like it)

\_\_ 1 Tbsp of Lemon Juice

1) Add all ingredients in a food processor or blender and blend until smooth.

2) Pour into popsicle molds and freeze for about 4 to 6 hours or until set.

3) If you find them difficult to remove from the mold, dip the bottom of the popsicle mold in warm water for about 5 seconds and they should come out nice and easy.

