

# Yogurt Berry Pops

## Ingredients:

Plain yogurt	1 ½ cups
Strawberries, cut up	2 cups
Honey or maple syrup	¼ cup
Vanilla, optional	1 teaspoon



## Directions:

1. Combine all ingredients in a blender and mix until well combined, about 10 seconds. (if you don't have a blender, use a whisk or spoon and mix well. You can cut the strawberries smaller to make it less chunky)
2. Divide the yogurt mixture evenly into reusable molds, mini muffin tins or plastic cups. Putting a piece of plastic wrap in the muffins tin helps them come out easily.
3. Insert a popsicle stick or toothpick into the centre.
4. Freeze for at least 4 hours or overnight before serving. Makes 3 cups of yogurt mixture.



**Great snack for pregnant women who feel nauseous (sick)!**

**Not recommended** for babies because the popsicle stick may be a choking hazard and babies under one should not eat honey.

