

Blueberry Yogurt Pops

Prep: 10 min Cook: 240 min Total: 250 min Serves: 6

Ingredients

- 1-pint blueberries (rinsed)
- 1 cup vanilla Greek yogurt
- 2 TBLS sugar (or substitute Honey)
- 1/4 cup half and half (optional)
- 1 tsp vanilla (optional)

Sharon's Hint

Try different Greek yogurt flavors to change up the taste. Try lemon or honey flavored Greek yogurt for fun taste combinations!

Directions

Step 1.

In a blender, mix 1/2 the blueberries and half the yogurt together until smooth.

Step 2.

In a medium sized bowl, mix the remaining yogurt, sugar, vanilla along with the half and half whisking to combine.

Step 3.

To assemble: Stagger blueberry puree, yogurt mixture and remaining fresh blueberries in popsicle molds.

Step 4.

If needed, use a skewer to push berries down into molds as you assemble.

Step 5.

Once filled to the top place lids or tin foil over the molds and insert sticks in the middle of each popsicle.

Step 6.

Freeze for 4 hours or until frozen hard.

Step 7.

Remove from molds. Soak mold base in warm water to release if they are sticking.