

BLUEBERRY YOGURT FREEZER POPS

Beat the heat this summer with these deliciously refreshing freezer pops!
Both kids and parents will love this easy and healthy treat.

Servings: 4 freezer pops (using a traditional mold)



INGREDIENTS:

- 1 lemon
- ½ cup water
- ½ cup sugar
- 1½ cups plain yogurt
- 2 tbsp honey
- 1 cup fresh blueberries

DIRECTIONS:

1. Make a lemon simple syrup: Rinse the lemon, then peel it using a peeler or cut away with a knife (avoiding the bitter pith). Combine the water and sugar in a small saucepan. Cook over medium-high heat, stirring, until the mixture comes to a boil and the sugar has dissolved. Add the lemon peel, reduce the heat to low and simmer for 5 minutes. Remove from heat and let cool to room temperature.
2. Strain the syrup through a fine-mesh sieve. Store in the refrigerator until well chilled (about 20-40 minutes).
3. Once the simple syrup is chilled, add the yogurt and honey to the syrup and stir until thoroughly combined. Fill the popsicle molds halfway with your yogurt mixture. Place the molds in the freezer until the mixture begins to set (about 40 minutes). Add blueberries to the remaining mixture. Store in refrigerator until ready to use.
4. When the popsicles have set, fill the molds with the remaining yogurt mixture and freeze for 3-4 hours. Enjoy!

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and
BERRY[®]
HOMEGROWN BERRIES