

Yogurt Pops



Makes 6 Servings

Ingredients

- 2 cups fruit-flavored yogurt
- 2 cups berries, fresh or frozen
- 6 popsicle sticks

Directions

1. In a medium bowl, stir yogurt and berries together.
2. Pour contents into popsicle mold or ice cube tray. Insert popsicle sticks at least 3/4 of the way into the mold or tray.
3. Place in freezer for 4 hours, or until pops are solid and ready to eat. To remove, run warm water over popsicle mold or ice tray to help loosen the pops.

Recipe from: Feeding PA and PA Eats

