



Yield:
4 popsicles

Serving size:
1/2–1 popsicle

Prep time:
15 minutes

Freeze time:
6 hours

Supplies:
Silicone
popsicle
mold/ice cube
tray
Cutting board
Knife
Blender

Ingredients:
8 tbsp Greek
yogurt**
(unsweetened,
unflavored,
xylitol-free)
2 strawberries,
chopped
4–8 blueberries,
cut in half