

Blueberry Popsicles

Ingredients

1 cup of vanilla yogurt

1 cup blueberries

2 Tbsp honey

Directions

Place yogurt, blueberries, and honey into a blender. Blend to a smoothie consistency.

Pour into prepared popsicle molds. Paper cups can also be used; add a wooden popsicle stick.

Place filled molds in the freezer until frozen solid, about 5 hours.

Handling & Storage

Blueberries will last up to 10 days in the refrigerator if they are kept dry. Do not wash until you are ready to eat or use.

Remove stems and wash blueberries in a colander before using them. Remove any blueberries that have been damaged.

Blueberries freeze well. Lay out on a baking tray in a single layer and place in the freezer. Bag frozen berries for later.

Nutritional Information

Calories: 48

Total Fat: 0.4 g
Saturated Fat: 0.3 g
Trans Fat: 0.0 g
Cholesterol: 2 mg
Sodium: 22 mg
Total Carbohydrates: 9.1 g
Dietary Fiber: 0.5 g
Sugars: 8.3 g
Protein: 1.9 g

Serves: 8