



# FROZEN BERRY POPS

It's easy to make your own fruit-and-yogurt frozen pops with this recipe featuring Simply

Organic® Vanilla Extract

## SUMMER

E A T S

PREP TIME: 45 mins

REST TIME: 4 hours to overnight

YIELDS: 10 pops

### INGREDIENTS

*Use organic ingredients where possible.*

- 2 cups plain yogurt
- 3 tablespoons honey
- 1 teaspoon Simply Organic® Pure Vanilla Extract or Vanilla Flavoring, Alcohol Free
- 3 ounces raspberries
- 3 ounces strawberries, hulled
- 6 ounces blueberries

### DIRECTIONS

1. In a bowl, combine the yogurt and honey. Whisk until smooth and the honey is blended into the yogurt.
2. In a small food processor, add in raspberries and the hulled strawberries. Add in  $\frac{1}{4}$  cup of the honeyed yogurt and process until smooth. Spoon a tablespoon and a half of the berry and yogurt mixture into each of the popsicle molds. Tap the molds on the counter so it will level out and then place in the freezer for 15 minutes to set.
3. Rinse out the food processor with water and add in the blueberries and  $\frac{1}{4}$  cup of the yogurt. Do not blend just yet.
4. To the remaining cup and a half of honeyed yogurt, mix in a teaspoon of vanilla extract. Spoon the vanilla-honeyed yogurt evenly, dividing it among each of the molds. Gently tap the mold on the counter to level the yogurt layer and then place in the freezer for 15 minutes to set.
5. Once the yogurt layer is firm, blend the blueberries and yogurt until smooth. Spoon the blueberry mixture evenly among each of the molds. Gently tap the mold on the counter so the final berry layer levels out. Cover the popsicle mold with its lid or aluminum foil and insert wooden sticks  $\frac{3}{4}$  of the way in the center of each popsicle. Freeze for 4 hours or up to overnight.
6. To remove: set popsicle mold in a dish of hot water for a moment and gently pull to release the popsicles from the mold.

### RECIPE TIPS

- Tapping the pop molds lightly on the counter after you add each layer helps even the layers out.