



Strawberry Yogurt Pops

Ingredients

- 1 cup Plain or greek yogurt
- 2 cups Frozen strawberries
- 1 TBSP Lemon juice
- 1 TBSP Honey (optional)

Directions:

1. Add yogurt and honey to a bowl; Stir until smooth
2. Combine frozen strawberries, lemon juice, and water in a blender or food processor
3. Layer yogurt mixture and strawberry mixture in popsicle molds; Insert one popsicle stick into each mold
4. Freeze for at least 3 hours;
5. Serve immediately or store in the freezer for up to 3 months; Enjoy!

Cookware needed:

- Popsicle molds
- Popsicle sticks
- Medium bowl
- Food processor

Cost: \$

Ease: 

Health Benefit: Yogurt is a great source of protein and calcium to support strong bones. Strawberries and lemons are rich in vitamin C which boosts immunity. Honey is a natural sweetener packed with antioxidants that fight off disease.

Fare  Meals
by Arielle