

Strawberry Yogurt Popsicles

Instructions

1. Wash the strawberries, then slice and mash them until only small chunks remain. Add the mashed strawberries to the yogurt and mix well. Add the lemon juice and 1-2 tablespoons of your favorite sweetener if the yogurt is unsweetened.
2. Scoop the mixture into popsicle molds and freeze overnight or for at least six hours.

This recipe makes about six popsicles. You can also try other variations with different fruits, or you can try adding coconut milk and less yogurt for a mild tangy flavor.

Ingredients

- 3 cups of strawberries
- 3 cups of vanilla or coconut Greek yogurt
- Juice from 1/2 of a lemon
- 1-2 tablespoons of sweetener: sugar, maple syrup, agave syrup, or coconut sugar, if needed

Grocery List

Produce

- 1-2 boxes of strawberries
- 1 lemon

Dairy

- Vanilla or coconut Greek yogurt

Pantry

- Sweetener: sugar, maple syrup, agave syrup, or coconut sugar