Red, White, and Blue (Strawberry, Yogurt, Blueberry) Popsicles

Yield: Approximately 6 (depending on size of popsicle molds)

Ingredients

2 cups Strawberries (local if possible), fresh, hulled
1 cup Vanilla Greek Yogurt
2 cup Fresh Blueberries

Preparation

NOTE – recipe written with no added sugar. If you prefer sweeter popsicles, add 2 tbsp. of sugar or honey to each fruit puree. Suggested Popsicle mold brands; Zoku or Onyx.

1. In a food processor, blend strawberries until smooth. Divide strawberry puree into Popsicle molds (strawberry puree should fill 1/3 of each mold). Tap molds a few times on counter to level.

2. Use a spoon to divide Greek yogurt evenly among Popsicle molds (now molds should be 2/3 of the way full).

3. Rinse out food processor bowl. Puree blueberries until smooth. Pour blueberry mixture evenly into molds until each mold is filled. Insert Popsicle sticks and close molds. Freeze for at least 6 hours or until frozen solid. Run mold under hot water to loosen.

Thank you to Creative Gourmet for the recipe!