

Frozen Yogurt Pops

Ingredients

- 1 cup – yogurt, plain
- 1 medium – banana
- 1 cup – mixed berries, frozen
- $\frac{1}{8}$ cup – honey

Directions

1. Toss all ingredients into a high-powered blender and puree. Divide evenly between paper cups. Cover with aluminum foil and pierce foil in the center with popsicle sticks to hold sticks in place. Freeze 4-5 hours or until solid.

