

Frozen Yogurt Pops

Yields 4 Popsicles

- 1 cup yogurt, plain
- 1 medium banana
- 1 cup mixed berries, frozen
- 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.