



# FRUIT AND YOGURT ICE POPS

## WITH CO-OP GOLD GREEK YOGURT

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### INGREDIENTS

- 2 cups mixed berries
- 2 cups CO-OP GOLD greek yogurt
- 3 tablespoons CO-OP GOLD PURE unpasteurized honey
- 8 CO-OP GOLD Plastic cups
- 8 popsicle sticks

### DIRECTIONS

**Prep Time: 15 minutes**  
**Ready In: 5 Hours**  
**Serves: 8**

Place berries, yogurt, and honey in a blender. Cover and blend until fruit is at desired consistency.

Fill cups 3/4 full with mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center.

Place in freezer for 5 hours.

Serve frozen.

### NOTES

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