

WILD BLUEBERRY YOGURT POPS

Makes 3 cups of frozen pop mix | Freeze 8 hrs | Prep 20 mins active

INGREDIENTS

2 cups full fat plain greek yogurt

2/3 cup honey

2 cups blueberries (frozen or fresh)

2 tsp Blueberry (Wild) Flavor



DIRECTIONS

1. Measure greek yogurt into a medium mixing bowl.
2. Gently warm honey in microwave or on stove, until runny.
3. Pour honey into greek yogurt, and mix until well combined.
4. Add blueberries and Blueberry (Wild) Flavor and mix well.
5. Pour yogurt pop mix into popsicle molds or muffin tray (if using muffin tray, insert wooden popsicle sticks at an angle, resting against edges of depressions) and freeze until solid, about 8 hours.
6. Remove from molds, running under warm water if necessary to release, and serve.