



Firecracker Pops

Makes eight 2.5 oz. pops

2 cups blueberries
2 cups sliced strawberries
1 ½ cups plain yogurt (preferably Greek)
2 tsp. Balsamic vinegar
7 TBS honey

Place the blueberries in a bowl. Add 1 ½ TBS of honey and 1 tsp. balsamic vinegar. Do the same with the strawberries. Set both bowls aside for 20 to 25 minutes.

Blend the berries, separately, and strain them into separate bowl. Make sure to squeeze the fruit against the strainer so as not to waste any of the juice.

Mix the yogurt and remaining 4 TBS of honey in a bowl. Whisk until it is evenly incorporated.

Place a 1/3rd layer of strawberry into your pop mold – if you do not have a mold, use a Dixie cup. Add 1/3rd layer of yogurt and top it off with 1/3rd of blueberry. Swirl the berries and the yogurt with a knife.

My pop molds come with a lid and little slits for the pop sticks so I cover them at this point and insert the sticks. If you do not have one with a lid, or are using Dixie cups, freeze the pops for 30 minutes and then insert the sticks.

Freeze for 3 to 12 hours (no more). Remove from the freezer and gently rinse the molds or Dixie cups under some warm running water. Remove the pops and enjoy!

CALORIES 114.70; FAT 0.22 grs (sat 0.01; mono 0.03; poly 0.10); PROTEIN 5.06 grs ; FIBER 1.62 grs;
CARBS 25.24 grs; CHOLESTEROL 0.00 mg; IRON 0.32 mg; SODIUM 21.45 mg; CALCIUM 59.03 mg