

# BLACKBERRY LEMON YOGURT POPS



This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

## INGREDIENTS

- 1 1/2 cups plain Greek yogurt
- 1/2 cup blackberries
- Juice of 2 lemons
- Zest of 1 lemon
- 2 tablespoons sugar

## DIRECTIONS

1. Combine the Greek yogurt, blackberries, lemon juice, zest, and sugar in a blender and puree until smooth.
2. Spoon or pour the mixture into a 4-serving popsicle mold or small disposable cup. Insert popsicle stick or straw into each, and freeze until firm, about 4 hours.
3. Remove from freezer, serve and enjoy!

## NUMBER OF SERVINGS

**4**

TIME TO  
PREPARE

**10 min**

TIME TO  
COOK

**4 hours**

## TOOLS NEEDED

- Blender or food processor
- Popsicle mold or small disposable cups
- Popsicle sticks or straws
- Spoon

