

Snack

Strawberry Yogurt Popsicles

10 Mins
Prep Time

4-5 Hours
Cook Time

9
Servings

24 Calories **0g Fat** **4g Carbs** **2g Protein** (Based on 1 Popsicle)



Ingredients

9 Servings • **4 Oz Popsicles**

4-5 Hours Total Time

Allergens: Dairy

1 lb Strawberries, stems removed and halved

1 Tbsp Lemon Juice

1 Cup Vanilla Greek Yogurt

1 Tbsp Honey

Allergen Swap

Dairy Substitutes Omit Greek yogurt and use a dairy-free version

Nourishment Note!



Strawberries

Strawberries contain high amounts of vitamin C, a nutrient important to the immune system and those with multiple sclerosis. They also may help to prevent inflammation in the body, improve cholesterol levels, and decrease the risk for heart disease.

Instructions

1. Blend Ingredients

In a food processor, blender, or using an immersion blender, puree the strawberries and lemon juice until smooth.

2. Whisk Ingredients

In a bowl, whisk the yogurt and honey until no lumps are visible.

3. Fill Popsicle Molds

Fill the popsicle molds (or 4 oz sample cups) by alternating 1 Tbsp fruit puree and 1 Tbsp of yogurt. Continue alternating until the molds are filled to ¼-inch from the top (about 3 Tbsp of yogurt and 4 Tbsp fruit puree).

4. Freeze

Freeze for 1 hour. Remove from the freezer and insert popsicle sticks, leaving about 2 inches of each stick in the mold. Return to the freezer for another 3 to 4 hours, or until firm.

Recipe adapted from: [simplyrecipes.com](https://www.simplyrecipes.com)

What You'll Need



Cutting Board



Knife



Small Mixing Bowl



Whisk



Blender



Measuring Spoons



Popsicle Molds & Popsicle Sticks

Fatigue Buster

- Use semi-thawed frozen strawberries instead of washing and slicing fresh strawberries.