

Snack

Strawberry Yogurt Popsicles

Side Effect: Nausea/Vomiting

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 • **1 (4 oz)** Popsicle Serving Size **4-5 Hours (Freezer)** Total Time **Allergens: Dairy**

1 lb Strawberries, **washed thoroughly**, stems removed and halved

1 Tbsp Lemon Juice, **lemon washed thoroughly before juicing**

1 Cup Vanilla Greek Yogurt

1 Tbsp **Pasteurized** Honey

Allergen Swap

Dairy Replace the Greek yogurt with a dairy-free version

Nourishment Note



♥ Popsicles

It may be easier to tolerate cold foods, rather than warm foods, when feeling nauseous. Warm foods often have stronger odors which can trigger nausea.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

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

3. Whisk Ingredients

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

4. Fill Popsicle Molds

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

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: simplyrecipes.com

What You'll Need



Cutting Board



Knife



Small Mixing Bowl



Whisk



Food Processor or Blender



Measuring Spoons



Popsicle Molds (or 4oz sample cups) and Popsicle Sticks

Fatigue Buster

- Enlist in the help of a trusted friend or family member to whip up this cool treat.
- Try making a double batch to have extra available for days when energy levels are low.