

Cherry Yogurt Popsicles

Prep Time 10 minutes

Resting Time 3 hours

Servings 10

INGREDIENTS

- 1 cup Cherries
- 2 cup Greek Yogurt (full fat)
- 3 tbsp Honey

INSTRUCTIONS

1. Blend cherries until mostly pureed. A few medium chunks are OK.
2. In a medium mixing bowl, add the Greek yogurt and honey. Mix until combined.
3. Pour the cherry puree into the yogurt mixture and gently fold until just barely combined enough. It's very easy to stir too much and fully mix the puree into the yogurt, which won't give you the swirly texture in the photos.
4. Using a 1/4 cup measuring cup, scoop the mixture evenly into 10 popsicle molds. 1/4 cup won't be quite enough to fill it, but 1/3 cup is too much. Once you've added the 1/4 cup to each mold, go back and spoon the remaining mixture into the molds to fill the empty space.
5. Freeze for one hour, then insert the popsicle sticks. Push the popsicle sticks far enough down that you'll be able to pull the popsicles out later, but not so far that you don't have enough of a handle to enjoy your popsicle.
6. Freeze for a minimum of 3 additional hours, or until the popsicles are frozen through.
7. Run the mold under warm water to loosen the popsicles from the mold and gently wiggle each popsicle out of the mold.
8. Serve immediately, or place them on a parchment paper lined baking sheet and freeze again to refreeze the edges. Store them in an airtight freezer friendly container or bag.

NOTES

Fresh cherries are best because they're soft and don't require any additional liquid to blend them.