

3 Ingredient Homemade Popsicles – Makes 6 popsicles



Ingredients:

- 2 cups Greek yogurt (vanilla or plain)
- 1 cup Frozen fruit of your choice
- Honey (to taste)

Directions

1. Blend the fruit and honey together.
2. Add Greek yogurt and fruit into a bowl and mix.
 - a. If you want the swirly look, don't fully mix the yogurt and fruit together.
3. Add mixture to Popsicle moulds.
4. Freeze for about 4 hours or over night.
5. Run under warm water to help it pop out of the holder.
6. Enjoy 😊