

# Berry Healthy Popsicles



## INGREDIENTS:

2 cups berries (strawberries, blueberries, blackberries, raspberries, etc.)  
1 cup vanilla Greek yogurt  
3 Tbsp honey

## INSTRUCTIONS:

1. Blend the berries.
2. Combine the yogurt and honey in a small bowl.
3. Beginning with the berry blend, alternate layers of berries and yogurt in each popsicle mold until you reach the top.
4. Freeze for four hours or until hard.
5. Enjoy!

