

# FRUITY YOGURT POPS



Prep Time: 5 Minutes

Freeze Time: 5 – 6 Hour

**Makes 6 Yogurt Pops**

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## Ingredients:

- 1 cup [Coconut Yogurt](#) (or yogurt of choice)
- ½ – ¾ cup [Blueberries](#) or [Strawberries](#) (or fruit of choice)
- 3 Tbsp [Agave](#) or [Maple Syrup](#)

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## Instructions:

1. **PREP:** Gather your freezing vessel, either some [Reusable Silicone Baking Cups](#) or a popsicle mold, along with some wooden popsicle sticks or small spoons. For easy transporting, place the baking cups onto a plate or dish, so they can be easily moved to the freezer once filled. Start by measuring out your fruits, larger fruits like strawberries should be cut into chunks for a more accurate measurement.
2. **BLEND:** Throw the fruit into a blender, along with the yogurt and agave (or other liquid sweetener), and blend until smooth. Evenly pour the blended yogurt mixture into your baking cups or popsicle mold, and (carefully) move them to the freezer.
3. **FREEZE:** Allow the pops to freeze for 1 hour before sticking in your popsicle sticks or spoons. This will help them stick up straight rather than falling over. Let the pops continue to freeze for another 4-5 hours, or until fully frozen. Once frozen, they're ready to be enjoyed!

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## Notes:

- **Using Different Yogurts** – This recipe is great for those with food allergies & sensitivities, those that follow a vegan diet, or anyone who's just looking for a delicious treat. You can easily use whatever yogurt fits your dietary needs, whether it be nut-free, lactose-free, plant-based, or just regular yogurt. We love our [Homemade Coconut Yogurt](#), but feel free to use whatever kind you prefer.
- **Change Up the Flavors** – This recipe is a great base for any yogurt pop that you might want to make, so don't be afraid to mix up the flavors. Blend some pineapple in with the coconut yogurt for a piña colada pop, or some raspberries & blackberries for a mixed berry flavor. You can even skip the fruit altogether, substituting in [Coldbrew Coffee](#) & chocolate chips for a delicious mocha pop. Just be sure to keep the ratios of yogurt to flavorings to sweetener the same, and get creating!