

Fruit & Yogurt Pops



Ingredients

- 1 cup Chobani Vanilla Blend Greek Yogurt
- 3/4 cup fresh seasonal Idaho berries (Strawberry, Blackberry, Raspberry, Blueberry, or Huckleberry)
- 3 tablespoons Idaho honey
- 1/4 cup heavy cream

Preparation

1. In a small saucepan, combine fruit and honey. Bring to a boil, remove from heat, and chill completely. In a mixing bowl, whip cream until it holds stiff peaks. Using a rubber spatula, fold in yogurt.
2. Gently stir in fruit along with any juices to create swirl effect. Transfer mixture to ice pop molds, wrap with plastic wrap, and freeze until completely solid before serving.



<https://www.idahopreferred.com/recipes/fruit-yogurt-pops/>



University of Idaho

