Cool Down

with a Star Spangled treat!



Red, White & Blue Popsicles

Cool off with a treat that's as festive as it is feel-good! These red, white & blue popsicles are naturally sweetened with real fruit, packed with a boost of protein from Greek yogurt, and free from artificial dyes. They're a refreshing snack everyone will love, from kids to adults!

Ingredients:

- 1 cup strawberries (fresh or frozen)
- 1 cup blueberries (fresh or frozen)
- 1 cup vanilla Greek yogurt (or coconut yogurt for dairy-free)
- 1-2 tsp honey or maple syrup (optional)
- Popsicles molds

Directions:

1. Blend the red layer: blend strawberries until smooth. Pour into molds, filling about 1/3 full. Freeze for 30-60 minutes.
2. Add the white layer: stir honey into yogurt. Spoon or pipe yogurt on top of the frozen strawberry layer. Freeze again for 30-60 minutes.
3. Blend the blue layer: blend blueberries until smooth. Pour on top as the final layer.
4. Insert sticks and freeze for at least 4-6 hours or until fully set.

