

Fruit Popsicle

INGREDIENTS

- Plain Greek Yogurt
- Any variation of fruit (strawberries, blueberries, peaches, pineapple, banana, watermelon, etc.)
- 3 oz Paper cups
- Popsicle sticks

DIRECTIONS

1. Slice the fruit into small pieces.
2. Add small pieces of each fruit into paper cups.
3. Fill each cup with yogurt until fruit is covered.
4. Place popsicle sticks in the center of each yogurt filled cup.
5. Freeze cups for a few hours and then serve when ready.

