

Berry Yogurt Pops

Yields: 4-6 servings

Prep: 10 min

Ingredients

1/2 cup water

1/2 cup sugar-substitute or
natural, stevia-based
sweetener

1 lemon

1 1/2 cups unsweetened

Greek yogurt

2 Tbsp honey

2 cups fresh berries of your
choice

Directions

1. Combine the water and sugar in a small saucepan. Cook over medium-high heat, stirring until the mixture comes to a boil and the sweetener has dissolved.
2. Rinse the lemon, and slice off the zest in long strips. Add the strips of lemon zest to the pan, lower the heat to medium and simmer for 5 minutes. Let the syrup cool to room temperature. Strain the syrup through a fine-mesh sieve, then refrigerate until chilled for at least 1 hour.
3. Add the yogurt and honey to the chilled syrup and stir until thoroughly combined. Place some of the sweetened yogurt mixture into each of the molds, pouring to a height of about 3/4 inch. Freeze until the mixture begins to set, about 40 minutes.
4. If the berries are big, cut them in half. Divide the berries among the molds. Pour in the remaining yogurt mixture, dividing it evenly among the molds.
5. If using conventional molds, snap on the lid and freeze until solid for 3 to 4 hours. If using glasses or other unconventional molds, freeze until the pops are beginning to set for 45 minutes to 1 hour. Finally, insert the sticks and freeze until solid for an additional 3 to 4 hours. Serve and enjoy!