

Curriculum Share

DRDP Measure: Cause and Effect
Age Group: Two years old and older

Frozen Berry Pops

You will need:

2 cups berries of choice (strawberries, blueberries, and/or blackberries)
2 tablespoons of honey or agave (honey is not recommended for under 12 months of age)
2 cups of Greek vanilla yogurt



Directions: Blend the berries in a food processor or blender on high speed until nearly liquefied into a smoothie-like consistency. Pour the thick berry liquid into a large bowl. Stir in the honey. Add the yogurt and very gently mix everything together. Pour mixture evenly into each popsicle mold. Freeze for an 4-6 hours; for best results freeze overnight.