

# FRUITY YOGHURT POPS



## PREP & COOK TIME

8hr 10m



## SERVES

6



## INGREDIENTS

- 1 1/2 cups light Greek-style yoghurt
- 1 tbs honey
- 1/2 mango
- 4 strawberries, hulled, thickly sliced
- 1/2 cup blueberries

## METHOD

1. Whisk yoghurt and honey in a small bowl until smooth and combined
2. Layer fruit and yoghurt mixture in 6 x 1/3 cup capacity ice block moulds
3. Insert wooden ice block sticks, then freeze for 8 hours or overnight, until set

Try switching it up and using your favourite fruit!