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Frozen Greek Yogurt Popsicles

Prep Time: 10 min + 4 hr freezing

Ingredients (serves 6):

- 2 cups Greek yogurt
- 1 cup puréed fruit (strawberry, mango, peach)
- 2 tbsp honey

Procedure:

1. Blend all ingredients.
2. Pour into molds; freeze 4 hours.

Nutrition: ~100 kcal/pop • Protein 6 g • Sugar 8 g

Benefits:

- Hydrating, low-cal treat
- Kid-approved