



# Raspberry Lemon Yogurt Pops

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## Ingredients

- 1 cup fresh or frozen raspberries (substitute with Strawberries or Blueberries in desired)
- 1/4 cup lemon juice (about 2 lemons)
- 2 cups plain Greek yogurt
- 1/4 cup honey or maple syrup (adjust to taste)
- Popsicle molds and sticks

## Directions

1. In a blender or food processor, puree the raspberries until smooth. If using frozen raspberries, you can thaw them slightly before blending.
2. Add the lemon juice to the raspberry puree and blend again until well combined.
3. In a separate bowl, whisk together the Greek yogurt and honey (or maple syrup) until smooth and evenly sweetened.
4. Layer the raspberry and lemon yogurt mixture in the popsicle molds. You can create ombre effects by alternating the layers or swirl them together for a marbled look.
5. Insert popsicle sticks into the molds and gently tap them to remove any air bubbles.
6. Freeze the popsicles for at least 4-6 hours, or until fully set.
7. Once frozen, remove the popsicles from the molds by running them briefly under warm water to loosen.
8. Serve the Raspberry Lemon Yogurt Pops immediately or store them in an airtight container in the freezer for up to two weeks.

*Enjoy these vibrant and refreshing Raspberry Lemon Yogurt Pops on a hot summer day, and savor the delightful blend of tart raspberries and creamy yogurt! Customize them with different fruit purees or a sprinkle of granola for added crunch, and let them become your go-to frozen treat for all your summer cravings.*