

# Berry Pops

about 53 calories each!

Makes 10 pops

16 oz Non fat plain Greek Yogurt (I use [Voskos](#))

3 Tablespoons of honey

1 Teaspoon of vanilla extract

4 oz Blueberries

4 oz Raspberries

Mix the Greek yogurt, honey & vanilla extract until well blended.

Add half of the mixture to the ice pop molds. Add a few whole berries in each mold and push to the bottom of the mold with a toothpick. Freeze the pops for about 15 minutes just to harden them up a bit.

Meanwhile, in a blender puree the remaining of the Greek yogurt and the berries. Add the mix to the ice pop molds and freeze at least 3 – 4 hours. Enjoy!

