



Strawberry-Apricot Pops

Prep: 10 minutes plus freezing

Makes: 8 pops

- 4 containers (6 ounces each) strawberry yogurt (3 cups)
- $\frac{1}{4}$ cup honey
- 4 apricots, pitted and chopped (about 1 cup)
- 1 cup hulled and chopped strawberries

1. In blender or food processor with knife blade attached, add yogurt and honey, and blend 30 seconds to combine. Add apricots and strawberries, and pulse blender briefly for chunky texture or longer for smooth texture. Makes about 4 cups.

2. Pour mixture into eight (4-ounce) ice pop molds. Freeze pops 8 hours or up to 1 week.

Approximate nutritional values per serving: 132 Calories, 1g Fat (1g Saturated), 5mg Cholesterol, 43mg Sodium, 29g Carbohydrates, 1g Fiber, 3g Protein