

Homemade Fruit Popsicles

Jacob · 29/09/2024

**Prep Time**

5 hrs 15 mins

Difficult

Medium

Servings

8

Description

Simple and wholesome fruit popsicles My mom used to help us make these when we were kids and I still enjoy them years later Use honey as an alternate sweetener and blend the fruit to be either chunky or smooth

Ingredients

- - 2 cups fresh blueberries
- raspberries
- strawberries and sliced bananas
- mixed - 2 cups plain or vanilla yogurt - ¼ cup white sugar - 8 small paper cups - 8 popsicle sticks

Instructions

1. Place the mixed blueberries
2. raspberries
3. strawberries
4. sliced bananas
5. yogurt
6. and sugar into a blender. Cover
7. and blend until fruit is chunky or smooth
8. as desired. Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup. Place the cups in the freezer for at least 5 hours. To serve
9. remove foil and peel off the paper cup.