



Recipe Category / Ice Cream

Frozen yogurt popsicles

10'
Hands on

4 hours'
Hands off

10
Portion(s)

1
Difficulty



Ingredients

- 500 g strained yogurt
- 100 g honey
- 1 teaspoon(s) [vanilla extract](#)
- 100 g fresh berries
- 80 g pistachios

Διατροφικός πίνακας

Nutrition information per portion

127 Calories (kcal)	6.0 Total Fat (g)	1.6 Saturated Fat (g)	13.0 Total Carbs (g)
6%	9%	8%	5%
13.0 Sugars (g)	4.7 Protein (g)	1.0 Fibre (g)	0.11 Sodium (g)
14%	9%	4%	2%

Method

- In a [bowl](#), combine the yogurt, honey and vanilla extract. Fill [popsicle molds](#) with half of the mixture.
- Add some berries and sink them into the yogurt with a fork.
- Place the popsicle molds in the freezer so the yogurt can cool and thicken a little.
- In about an hour, remove from the freezer, add the rest of the berries to the molds and fill them the rest of the way with the remaining mixture.
- Insert popsicle sticks and sprinkle with crushed pistachio nuts.
- Place back in freezer and allow to chill for 3 hours, until completely frozen and firm.

Tip

You can substitute the plain strained yogurt with fruit flavored yogurt and use any other fruit or berries you like!