



Recipe Category / Ice Cream

Cherry yogurt popsicles

10'
Hands on

4 hours'
Hands off

4
Portion(s)

1
Difficulty



Method

- Remove the pits of the cherries by pressing their center with a straw.
- Put the cherries into a food processor and add the yogurt, the sugar, the honey, and beat well.
- Put the popsicle sticks into the [ice cream silicone molds](#) and fill them with the mixture.
- Put them in the freezer and allow 3-4 hours for them to chill well.
- Serve with mint leaves.

Ingredients

- 200 g cherries
- 400 g strained yogurt
- 1 tablespoon(s) brown sugar
- 2 tablespoon(s) honey

To serve

- mint leaves

Διατροφικός πίνακας

Nutrition information per portion

161 Calories (kcal)	3.0 Total Fat (g)	1.9 Saturated Fat (g)	27.0 Total Carbs (g)
8%	4%	10%	10%
26.0 Sugars (g)	6.0 Protein (g)	0.8 Fibre (g)	0.21 Sodium (g)
29%	12%	3%	4%