

Strawberry Pops

2 cups strawberry or plain yogurt
2 cups fresh or frozen strawberries, thawed
2 tablespoons 100% fruit strawberry preserves
1 cup honey or apricots pureed in food processor for sweetener

In a blender container, combine yogurt, strawberries, preserves and honey/apricots. Cover and blend on high about 1 minute or until strawberries are pureed. Pour into six 4-ounce paper or plastic cups or popsicle molds. Freeze for 30 minutes or until partially firm. Stand a popsicle stick in the center of each cup. Return to freezer until completely frozen. Peel paper cups from pops or run warm water over plastic cups to remove pops from molds before serving.

Try other flavored yogurts, fruit, and preserves -- blueberry, raspberry, peach, etc.-- for fruity, cool treats.



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