



## WATERMELON BLUEBERRY YOGURT POPS

Stay cool and refreshed this summer with these easy-to-make, creamy yogurt pops. The hardest part is waiting for them to freeze!

Prep Time



Cook Time



Makes 8 Pops



- 500 mL (2 cups) 0% fat plain Greek yogurt
- 375 mL (1 1/2 cups) chopped seedless watermelon
- 250 mL (1 cup) fresh blueberries
- 75 mL (1/3 cup) liquid honey

1. Place the yogurt, watermelon, blueberries and honey into a blender and puree until smooth. (For a chunkier texture, pulse the mixture until desired texture.)
2. Fill eight 125 mL (4 oz) popsicle molds or paper cups with yogurt mixture. If using paper cups, cover top with foil and poke a wooden craft stick through the centre of each pop.
3. Place molds or cups on a flat surface in the freezer for at least 6 hours and up to 2 weeks.

### NUTRIENTS PER POP

% DV

Calories	94	-
Fat	0 g	-
Saturated + Trans	0 g	-
Cholesterol	0 mg	-
Sodium	26 mg	1 %
Carbohydrate	19 g	6 %
Fibre	1 g	3 %
Sugars	18 g	-
Protein	6 g	-
Vitamin A	-	1 %
Vitamin C	-	6 %
Calcium	-	4 %
Iron	-	1 %



### TIPS

- Little chefs can help pour the yogurt mixture into the molds or paper cups.
- The pops are hydrating and also packed with protein thanks to the Greek yogurt.
- Discover your favourite yogurt pop combo. Try these fruits: strawberries, raspberries, cantaloupe, honeydew melon, peaches or nectarines.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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