



FROZEN BLUEBERRY YOGURT POPS

INGREDIENTS:

1 cup Ocean Spray® Blueberry Juice Cocktail
1 cup Ocean Spray® Fresh Blueberries, cleaned and rinsed
1 6-ounce container of fat-free vanilla yogurt
8 wooden craft sticks

DIRECTIONS:

Combine all ingredients in blender. Cover; blend on high speed 15 to 20 seconds or until smooth. Pour into 8 frozen pop molds (2.5 ounces to 3 ounces each). Cover, insert craft sticks, and freeze for 2 hours or until completely firm. To serve, dip outsides of molds into warm water to loosen.

Makes 8 pops.