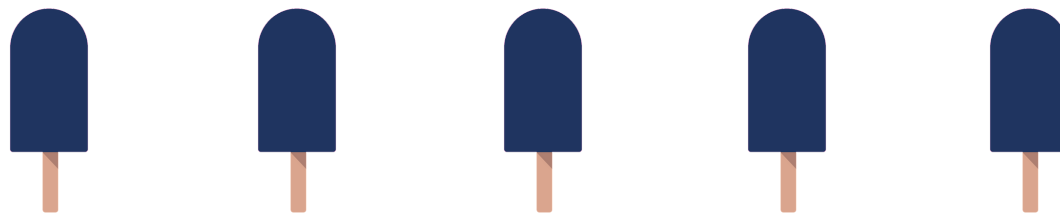


# SEHAT POPSICLE



## Ingredients

2 cups Blueberries  
2 tbsp Honey  
2 cups Vanilla Greek yogurt

## Supplies Needed

1) Popsicle mold  
2) Wooden popsicle sticks

## Fun tip

Want more flavour? You can add more fruits to the blueberry mixture!

## Directions

Blend the blueberries until it has a consistency similar to a smoothie. Pour the blueberry liquid into a bowl. Stir in the honey. Add the yogurt and mix everything together. Pour mixture evenly into each popsicle mold. Freeze for 2 hrs and add a wooden popsicle stick in the middle of each popsicle. Continue to freeze another 4-6 hrs or overnight.

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