

Ingredients

Preparation time: 20 minutes

Servings: 7 popsicles

Cost: \$

For Both Popsicles:

7 small paper cups (about 3 oz.)
7 popsicle sticks

For Blueberry/Blackberry:

1 cup frozen blueberries
1 cup frozen blackberries
6 oz. Chobani Blueberry Greek Yogurt
1 Tbsp. agave nectar or honey

For Raspberry/Strawberry:

1 cup frozen raspberries
1 cup frozen strawberries
6 oz. Chobani Raspberry Greek Yogurt
1 Tbsp. agave nectar or honey

Optional:

1 scoop protein powder

Directions

1. Place frozen fruit inside blender or food processor and thaw for 15 minutes or until slightly softened to make mixing easier.
2. Add Greek yogurt and sweetener to blender or food processor.
3. Blend until smooth, then divide the mixture evenly among cups.
4. Place 1 popsicle stick in each cup.
5. Freeze for several hours until set, then peel the paper cup off and enjoy!



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Fruit and Yogurt Popsicles	
Amount	1 popsicle
Calories	51
Fat (g)	0
Sat. Fat (g)	0
Carb. (g)	11
Fiber (g)	2
Protein (g)	2
Gluten free.	

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Cooking Tip

This recipe is flexible and can be customized to include your favorite fruit and yogurt combinations. Other ideas include frozen pineapple + frozen mango + pineapple yogurt or frozen strawberry + frozen banana + strawberry yogurt. Plastic spoons can be used instead of popsicle sticks. Let us know what your favorite combination is!

Performance Facts

All of the fruits in this recipe are a great source of antioxidants. The more colorful, the better! Greek yogurt is a good source of complete protein and is high in branched chain amino acids to aid in muscle repair and growth. Together they make our frozen popsicles an excellent post-workout treat!