

# RECIPE



## BANANA STRAWBERRY SWIRL POPSICLES



### Ingredients

- 3 to 4 ripe bananas
- 1/2 cups yogurt
- 3 tablespoons sugar
- Juice of 1/2 lemon
- 1 cup fresh strawberries

- Makes 10 ice pops -

### Directions

1. In the bowl of a food processor, puree bananas until smooth.
2. Add yogurt, sugar, and lemon juice; pulse to combine.
3. Remove half of the yogurt mixture; set aside.  
Add strawberries to processor, and pulse until just combined.
4. Layer strawberry and reserved yogurt mixtures into ten 1/3 cup ice-pop molds.
5. Using a wooden skewer, swirl the two flavors together.
6. Insert ice-pop sticks.
7. Transfer to freezer until frozen, about 8 hours
8. Dip molds quickly in hot water to unmold.