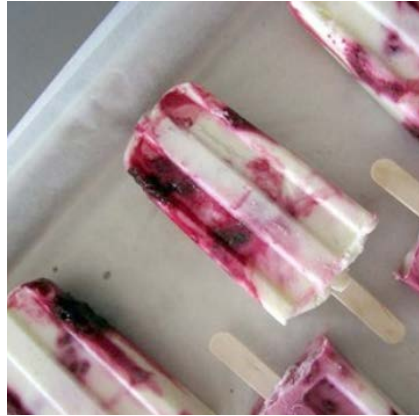


Yogurt Mixed Berry Breakfast Popsicles



Ingredients:

- 3 cups mixed berries
- 1/4 cup sugar
- 1 and 1/2 cup vanilla yogurt, divided
- 1/2 cup milk

Instructions:

- Combine the berries and sugar in a small bowl. Let mix stand about 10 minutes. Stir frequently.
- Pour the berries into a blender.
- Stir the yogurt into the berry mixture until well mixed.
- Pour mixture into cups or molds.
- Freeze for about 8 hours.

Servings: 6



Tarrant County Public Health
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