

# BERRY BREAKFAST POPS

## INGREDIENTS:

strawberry layer -

- 2 cups quartered and hulled strawberries
- 2 T water
- 1 T honey, to taste
- 1/2 cup greek yogurt

raspberry layer-

- 2 cups raspberries
- 2 T water
- 1 T honey, to taste
- 1/2 cup greek yogurt

blueberry layer -

- 1 cup blueberries
- 2 T water
- 1 T maple syrup
- 1/4 cup greek yogurt

## DIRECTIONS:

1. Puree the strawberries with water, and honey in a food processor. Strain into a bowl and whisk in greek yogurt and additional honey or maple syrup to taste. Do the same with the two other berries in a clean food processor and into separate bowls.
2. Divide berry purees between ice pop molds. I used a funnel to keep the sides clean between layers. Feel free to layer however you want! Insert sticks and freeze until solid, 6 hours or overnight. Eat for breakfast in lieu of a smoothie.