

# SOUR CHERRY FRO-YO ICE POPS

## **INGREDIENTS:**

cherry layer -

- 3 cups sour cherries
- 1/3 cup sugar
- juice + zest from 1 lemon

yogurt mixture -

- 2 cups greek yogurt
- 1/4 cup sugar

## **DIRECTIONS:**

1. Cook cherries with sugar and lemon in a saucepan until boiling. Cook for 5 minutes. Allow to cool for 10 minutes. Strain juice and reserve. Puree the cherries and strain into the juice.
2. Meanwhile stir the sugar into the yogurt until dissolved. Whisk half of the yogurt into the cherry juice. Layer cherry mixture and yogurt in ice pop mold. Using a popsicle stick marble that goodness. Insert sticks and freeze for 8 hours or over night.