



# PROJECT: GET IT DONE TOGETHER

## Blueberry Pancake Frozen Yogurt Pops

*Gluten free, nut free, contains dairy*

### Ingredients:

- ½ cup whole-milk plain yogurt
- 3 teaspoons honey or pure maple syrup, divided
- 2 tablespoons quartered blueberries or wild blueberries
- 5 wooden popsicle sticks
- 5 tablespoons 5 slices yellow peach, 1 inch square and 1/4 inch thick

### Instructions:

1. Stir yogurt and 1 teaspoon honey (or syrup) together in a small bowl. Gently stir in blueberries.
2. Line a large baking sheet with parchment paper. Arrange popsicle sticks on the pan, a few inches apart. Spoon the yogurt mixture into 2-inch circles over each stick, smoothing with the back of a spoon.
3. Freeze until firm enough to pick up, at least 2 hours. Remove from the freezer and add the “butter and syrup” by topping each pop with a peach square and a drizzle of honey (or syrup). Return to the freezer for 10 minutes to firm up the honey (or syrup).

*Makes 5 servings*

**Total time:** 2 hours 10 minutes (active 10 minutes)

### Nutrition facts per serving:

1 Pop, 33.7 calories; protein 1g 2% DV; carbohydrates 6.1g 2% DV; exchange other carbs 0.5; dietary fiber 0.2g 1% DV; sugars 5.8g; fat 0.8g 1% DV; saturated fat 0.5g 3% DV; cholesterol 3.2mg 1% DV; vitamin a iu 56.6IU 1% DV; vitamin c 1.2mg 2% DV; folate 2.4mcg 1% DV; calcium 30.7mg 3% DV; iron 0.1mg; magnesium 4.1mg 2% DV; potassium 60.9mg 2% DV; sodium 11.5mg 1% DV.

Source: [eatingwell.com/recipe/260351/blueberry-pancake-frozen-yogurt-pops](https://eatingwell.com/recipe/260351/blueberry-pancake-frozen-yogurt-pops)