

Blueberry and Pineapple Yogurt Pops

Yield: Depends on your molds

A handful of fresh or frozen blueberries

A handful of fresh or frozen pineapple chunks

A big scoop of whole-fat plain or vanilla yogurt

Combine all ingredients in a food processor and puree until completely incorporated. Add more yogurt as needed and more fruit, to taste. Pour or scoop into popsicles molds and freeze at least 4 hours or overnight. To release, run the popsicles in their molds under luke-warm water for a few seconds.

Source: Pennies original