

## **Red, White, and Blue Popsicles**

*makes 8 4-ounce popsicles*

1 1/2 cups sliced strawberries

1 1/2 cups blueberries

3/4 cup vanilla yogurt

8 teaspoons sugar (divided)

4 tablespoons water (divided)

8 popsicle sticks

Wash strawberries. Combine strawberries with 4 teaspoons sugar and 2 tablespoons water in a blender or food processor. Process until smooth. Pour the strawberry mixture into your popsicle molds. Do your best to evenly divide the mixture, but don't worry too much if there are slightly different amounts in each popsicle mold.

Spoon the yogurt evenly into the popsicle molds on top of the strawberry mixture.

Rinse out your blender. Wash blueberries. Combine blueberries with 4 teaspoons sugar and 2 tablespoons water in a blender or food processor. Process until smooth. Pour the blueberry mixture into your popsicle molds over the vanilla yogurt.

Insert the popsicle sticks into the filled molds and freeze overnight until firm. If you have trouble removing the popsicles from their mold, run the mold under warm water for a minute or two and the popsicles should slip right out.

If you do not have popsicle molds, you can use small yogurt containers, ice cube trays, or mason jars.