

# RED, WHITE, & BLUE Smoothie Pops

Serves: 12, Serving size: 1 smoothie pop

## Ingredients:

- 1 cup chopped strawberries, fresh or frozen
- 3/4 tablespoon sugar, divided into 3 equal parts
- 3/4 cup water, divided into 3 equal parts
- 3 cups plain or vanilla yogurt, divided into 3 equal parts
- 1 chopped banana, fresh or frozen
- 1 cup blueberries, fresh or frozen
- 12 popsicle sticks
- 12 small paper cups (5 fluid ounces)
- Aluminum foil, cut into 12 squares (3" x 3")



## Directions:

1. In a blender, combine strawberries, 1/4 tablespoon of sugar, 1/4 cup water, and 1 cup of yogurt. Blend until smooth. Pour mixture into paper cups, filling each about 1/3 full.
2. Poke a popsicle stick through the center of each aluminum foil square. Place one end of the stick in the center of each cup, tucking the foil around the edge of the cup to hold the stick in place. (Note: you can use popsicle molds instead here if you prefer!) Place cups on a tray and freeze for about 2 hours or until solid.
3. Repeat step 1, but replace strawberries with banana. Remove foil from cups and pour blended banana mixture on top of strawberry layer, filling each cup about 2/3 full. Freeze for another 2 hours or until the banana layer is solid.
4. Repeat step 1, but replace strawberries with blueberries. Pour blended blueberry mixture on top of banana layer, filling each cup to the top. Freeze for another 2 hours or until the blueberry layer is solid.
5. Once smoothie pops are completely frozen, briefly run warm water over the paper cup to remove. Keep pops frozen until ready to serve.

Recipe adapted and photo from [www.thecookierookie.com](http://www.thecookierookie.com), originally created for and posted to [www.osfhealthcare.org](http://www.osfhealthcare.org)

