

Breakfast Popsicles

Servings: Click here to enter text.

Prep Time: 5min + Freezing

Cook Time: 15min



Ingredients

- 1 cup blueberries
- ½ cup strawberries
- ¾ cup blackberries
- 2 cups plain yoghurt
- 1 cup granola
- 1 tbsp. lemon juice
- 2 tbsp. water

Directions

1. Place all the berries, lemon juice and water in a small saucepan. Gently heat until the fruit softens and starts to bubble slowly.
2. Turn the heat down and leave to gently simmer for 10 minutes. Take off the heat and leave to cool completely.
3. Blend until smooth.
4. Layer yoghurt, fruit puree and granola in jelly moulds or old yoghurt containers.
5. Insert lolly sticks or teaspoons and freeze overnight.
6. Remove from moulds and serve.