

Greek Yogurt Fruit Pops (I think I first saw this suggestion on DesignSponge, but I'm not sure. Here's my version after a few alterations.)

- Peel from 1 lemon (save the lemon for another use)
- ½ cup water
- ½ cup sugar
- 1 ½ cups plain, unsweetened (and low-fat, if desired) Greek yogurt
- 2 cups fresh berries, cut in small pieces, even mashed is fine.

Put the water and sugar in a small saucepan over medium-high heat and bring to a boil, stirring until sugar has dissolved. Add the lemon peel, lower the heat, and simmer for 5 minutes. Let cool to room temperature. Remove the lemon peel.

Mix the lemon sugar water to the Greek yogurt and stir well. Carefully stir in the small pieces of fruit. It doesn't matter if the fruit mashes into the yogurt and in fact, I prefer that so that I don't bite into frozen pieces of fruit.

Dip the mixture into the popsicle molds, snap the lids on and freeze for at least 4 hours.

NOTES:

- For young mothers: make these at night AFTER the kiddos are snoring so they'll be ready the next day and you don't have to keep answering the question: "Are they done yet?" I know this from experience.
- For those not wishing to use sugar ... sweetened the yogurt with honey as you would before eating it unfrozen, zest some lemon peel into it, then add the fruit. Freeze as directed.)
- Can be frozen in a bowl as well ... just like frozen yogurt!