



Strawberry-Watermelon Yogurt Ice Pops

Ingredients:

2 cups vanilla yogurt (not non-fat)
2 cups strawberries, sliced (fresh or frozen)
Juice and zest of 1 lime
Watermelon cubes (about 20 cubes, 1/2-inch each)
8 to 10 wooden popsicle sticks

Directions:

Prepare a loaf pan by lining it with plastic wrap. Have your popsicle sticks on hand.

In a blender combine the yogurt, strawberries, lime juice and zest. Puree until well combined. Pour the yogurt blend into your prepared pan. Drop the watermelon cubes into the mixture, making sure there are a few cubes in each pop. Cover the pan with 2 or 3 layers of plastic wrap, making sure the plastic touches the top of the yogurt mixture. With the tip of a sharp knife, make incisions where you want your popsicle sticks to go, spacing them evenly. Place the popsicle sticks into the holes, standing them up straight. Freeze for about 6 hours, until the pops are completely frozen.

When you want to serve your pops, take the pan and run warm water over it to loosen the edges. Take the plastic wrap and lift the frozen "loaf" out of the pan. Use a sharp knife to cut in between the popsicle sticks. There you have it, Strawberry-Watermelon Yogurt Ice Pops!

Note: If you use a yogurt with low-fat content, the popsicles will be a bit icy and have a tendency to break easily. They're just as good, just a bit fragile.

Source: [And Then I Do the Dishes Blog](#)

