

Yogurt Breakfast Popsicles



Ingredients:

- 3 cups chopped strawberries (from about 1 1/2 pints)
- 1/4 cup granulated sugar or honey
- 1 cup plain Greek yogurt
- 1/4 to 1/2 cup milk
- 2 to 3 tablespoons honey
- 3/4 cup granola



Directions:

1. Combine strawberries and sugar in a small saucepan and stir to combine. Let macerate on the counter for 10 minutes, until the sugar is dissolved and syrupy.
2. Place the pan over medium-high heat and bring to a simmer. Cook, stirring often, until the strawberries thicken (8-10 minutes). Remove from heat and let cool to room temperature.
3. When ready to assemble the popsicles, whisk together the yogurt, 1/4 cup of the milk, and 2 tablespoons of honey in a medium bowl. The yogurt mixture should be thick, but pourable. If needed, whisk in a little more milk. Taste and add more honey if desired.
4. Scoop out 1/4 cup of the yogurt mixture and stir into the granola. This will help the granola freeze into the popsicles.
5. Arrange 6 popsicle molds (1/2 cup capacity) on your work surface. Pour a generous spoonful of yogurt into the bottom of each mold. Add a scoop of granola and then a spoonful or two of strawberries. Continue layering yogurt, granola, and strawberries until the molds are filled. Tap the molds lightly against the counter to work out any air bubbles.
6. Insert popsicle sticks into each mold, freeze until solid (6 hours.)
7. To unmold, run the popsicle molds under warm water for a few seconds and gently ease the popsicles out.