

### Fruit Pops:

1 cup of plain yogurt  
1 cup of chopped fruit – your choice  
1/8 of a cup of honey  
1 medium ripe banana

Drop ingredients into a blender to blend.

Mix with the blender and after it's mixed, make sure it is all combined, especially the honey.

Take a cup cake pan and line it with cupcake liners.

Pour the mix into the liners.

Cover it with tin foil and poke popsicle sticks into the foil in the pan.

Freeze for 4-6 hours and enjoy.

This batch makes 4-8 fruit pops.