

Salt and Serenity

Cherry Yogurt Breakfast Ice Pops

Makes 6 ice pops

Ice Pops:

- 1 cup fresh or frozen cherries, pitted and halved
- 1 Tablespoon water
- 1 cup unsweetened plain Greek yogurt
- 2 Tablespoons honey
- ½ cup fresh cherries, pitted and quartered

To Dip:

- ⅓ cup honey
- ⅓ cup granola

1. Place 1 cup pitted fresh or frozen cherries and water in a small saucepan. Cook over medium heat, stirring, until cherries are softened
2. Transfer cherries to blender and puree. Transfer to a small measuring cup with a spout and set aside.
3. Mix plain Greek yogurt, 2 tablespoons honey and ½ cup chopped fresh cherries. Carefully spoon yogurt mixture into molds, filling each about ⅔ full.
4. Pour the cherry puree on top of the yogurt mixture. As you are pouring, insert a wooden skewer into each mold and swirl, so that you will have a pretty swirled ice pop. Be sure to leave about ¼ inch of headspace in each mold for expansion, as they freeze.
5. If using conventional molds, place lid with stick on top of each ice pop and freeze until solid, about 3-4 hours. If using paper cups, freeze until the pops are beginning to set, about 45 minutes-1 hour, then insert sticks the sticks and freeze until solid, 3-4 hours.
6. Remove pops from molds and dip top inch of mold into honey and then into granola.
7. Wrap well in plastic wrap and store in freezer until ready to eat.

