

Baby Abby Pops

-recipe by Abby from Moose Jaw,
Saskatchewan



Yields: 6 Baby Abby Pops ☺

Ingredients:

1 1/4 cup cold water
1 cup of any Berries, puréed
-ends up being about 3/4 cup
1/3 cup Low Fat Plain Greek
Yogurt
1 Tbsp. Chia Seeds, crushed
with a pestle or spoon

Directions:

→ This recipe is based on
6 Baby Abby Pops.

Step 1: Evenly divide water
into the Popsicle molds or Dixie
cups.

Step 2: Puree Berries in a
blender or mini food processor.
Evenly divide berry puree into
the Popsicle molds.

Step 3: Crush Chia seeds.
Add to yogurt and incorporate.
Evenly, divide chia-yogurt into
the Popsicle molds.
Place in the freezer for at least
3 hours before enjoying.

***Optional addition:**

Splenda, Truvia or Stevia
packet(s) to yogurt step.