

From the book “Man Can Cook” for “The Saturday Herd”  
By Robert Sturm

## Strawberry Yogurt Popsicles

### Ingredients

1 Cup Strawberries, small diced  
½ Cup Organic Yogurt  
2 TB. Honey  
¼ Cup Orange Juice, fresh squeezed (about 1 orange)

### Directions

Combine yogurt, honey and orange juice together. Fill Popsicle mold with strawberries. Fill mold with yogurt mix. Place “STICK” into mold. Freeze for 3 –4 hours. Serve.



Thursday, August 04, 2011