

# PEACHES AND CREAM YOGURT POPSICLES



MOLLY KUMAR

SECOND PRIZE WINNER

BLENDED CATEGORY

## Ingredients

- 2 Cups Greek Yogurt
- 2 Small Peaches - cleaned, pitted and chopped in bite size pieces
- 1 Tbsp Maple Syrup (optional, add as per your choice)
- 2 Tbsp Apricot Power Coconut Almond SuperFood Mix
- 8 Small Paper Cups
- 8 Ice-Cream Sticks

## Directions

### Making the Popsicle Batter:

1. In a large bowl, whisk together yogurt and maple syrup to a smooth consistency.
2. Add the SuperFood Mix and whisk again

### Filling the Paper Cups:

1. Now, take 1 tbsp chopped peaches and add it on the bottom of each paper cup.
2. Add whisked yogurt mix in each cup (filling till top).
3. Place the filled cups in freezer for 20 minutes.
4. After 20 minutes, take out the cups and place ice-cream stick in the middle of each cup.
5. Put the paper-cups back in the freezer and freeze for 2hrs or until popsicles are completely frozen.

### Removing the Popsicles from Paper Cups:

1. In a bowl, add warm water.
2. Place each frozen cup in the warm water bowl for 4-5 seconds.
3. Lift the cup up and lightly pull the ice-cream stick towards you and the popsicle will come out of the cup.
4. Similarly, follow the step for each popsicle
5. Serve the popsicles immediately and enjoy.

*"I'm a firm believer in healthy-delicious meals and that's how I came across Apricot Power SuperFood Mix. I have tried a couple of their products and love using them in breakfast / snacks for an added boost of energy, extra nutrition, and great taste. I wanted to create a fun, easy-to-make, and wholesome snack recipe that could be eaten by all age groups. My go-to recipe is a family-favorite frozen treat - 'Peaches & Cream Yogurt Popsicles'. I used Coconut Almond SuperFood Mix to make them extra nutritious."*

