

HOMEMADE BOMB POP POPSICLES



25 mins
PREP TIME

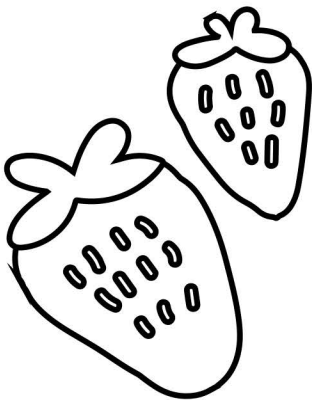


8 hours
FREEZE TIME



10
POPSICLES

RED LAYER



1 cup (5 oz/142 g) strawberries, fresh or defrosted

$\frac{1}{3}$ cup (2 $\frac{1}{2}$ fl oz/75 ml) lemonade

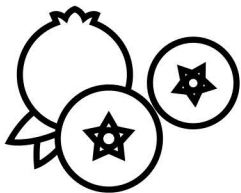
$\frac{1}{3}$ cup (2 $\frac{1}{2}$ oz/71 g) plain yogurt

2 teaspoons granulated sugar

1-2 drops red food coloring (optional)



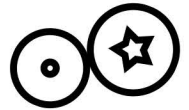
WHITE LAYER



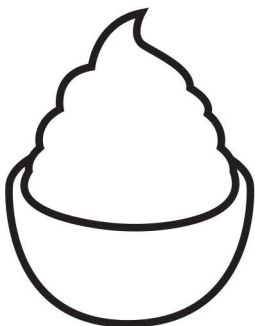
$\frac{2}{3}$ cup (5 fl oz/150 ml) lemonade

$\frac{1}{3}$ cup (2 $\frac{1}{2}$ oz/71 g) plain yogurt

2 teaspoons granulated sugar



BLUE LAYER



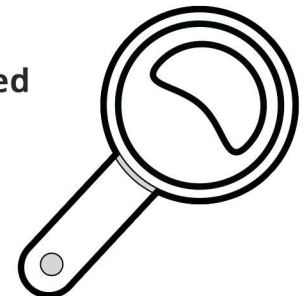
$\frac{1}{2}$ cup (2 $\frac{1}{2}$ oz/71 g) blueberries, fresh or defrosted

$\frac{1}{3}$ cup (2 $\frac{1}{2}$ fl oz/75 ml) lemonade

$\frac{1}{3}$ cup (2 $\frac{1}{2}$ oz/71 g) plain yogurt

2 teaspoons granulated sugar

1-2 drops blue food coloring (optional)



INSTRUCTIONS

TO MAKE THE RED LAYER

- 1 Combine the strawberries, lemonade, yogurt, sugar and food coloring (if using) in a blender and puree until smooth.
- 2 Pour evenly into 10 popsicle molds, then insert wooden popsicle sticks and freeze until solid, about 2 hours.





TO MAKE THE WHITE LAYER

- 1 Combine the lemonade, yogurt and sugar in a blender and process until smooth.
- 2 Pour evenly over the frozen red layer and freeze until solid, about 2 hours.

TO MAKE THE BLUE LAYER

- 1 Combine the blueberries, lemonade, yogurt, sugar and food coloring (if using) in a blender and puree until smooth.
- 2 If desired, strain to remove the skin, then pour evenly on top of the frozen white layer. Freeze now for a minimum of 4 hours, but preferably overnight.
- 3 To unmold, run the mold under warm water for a few seconds to loosen the popsicles.
- 4 Store leftovers in the freezer and in their molds for up to 1 week.

BOLD BAKER TIPS

-  You can replace the strawberries with raspberries.
-  Use dairy free yogurt if you wish.
-  Wipe the sides of the molds between each color so you get clean layers.
-  If you don't have a popsicle mold you can use little disposable drinking cups.

