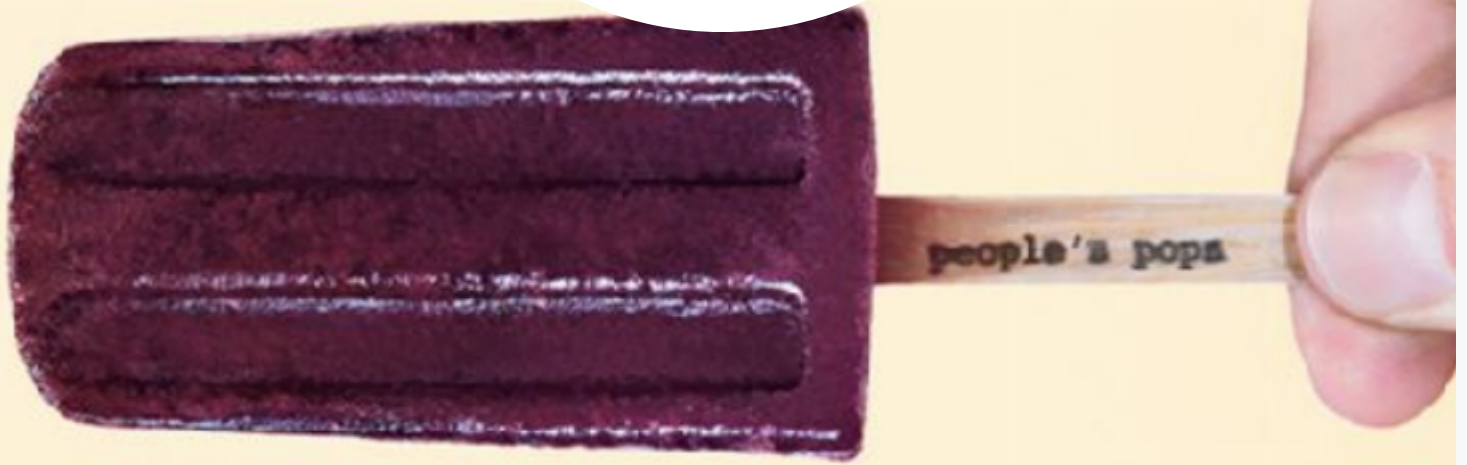




Blackberry, Honey and Yogurt Pops



Vegetarian



Gluten Free

READY IN



570 min.

SERVINGS



10

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 10.5 cups blackberries fresh
- ☐ 5 teaspoons honey
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 1 cup yogurt plain organic (preferably)
- ☐ 0.7 cup sugar
- ☐ 0.7 cup water

Equipment

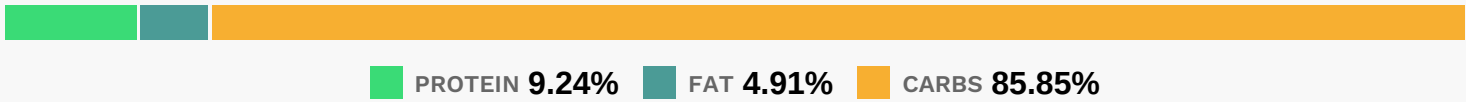
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Bring 2/3 cup water and sugar to boil in small saucepan over medium-high heat, stirring until sugar dissolves.
- ☐ Transfer simple syrup to small bowl and chill until cold, about 1 hour.
- ☐ Place blackberries in processor; puree until smooth.
- ☐ Pour blackberry puree into strainer set over medium bowl. Using rubber spatula, press on solids to extract as much puree as possible. Discard seeds in strainer. Measure 2 cups blackberry puree and place in another medium bowl for pops (reserve any remaining puree for another use).
- ☐ Add chilled simple syrup, yogurt, honey, and lemon juice to puree; whisk to blend.
- ☐ Divide mixture among 10 molds (each about 1/3- to 1/2-cup capacity). Top with mold cover, if available, and insert stick into each. (If cover is not available, cover top of mold with plastic wrap, pulling taut; freeze until partially frozen, then insert stick into center of plastic wrap and into pop mixture in each.) Freeze pops until firm, at least 8 hours or overnight.
- ☐ Dip bottom of mold into hot water 10 to 15 seconds to loosen pops.
- ☐ Remove pops from molds and serve.

Nutrition Facts



Properties

Glycemic Index:14.74, Glycemic Load:12.44, Inflammation Score:-7, Nutrition Score:11.526521817498%

Flavonoids

Cyanidin: 151.12mg, Cyanidin: 151.12mg, Cyanidin: 151.12mg, Cyanidin: 151.12mg Pelargonidin: 0.68mg, Pelargonidin: 0.68mg, Pelargonidin: 0.68mg, Pelargonidin: 0.68mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 56.03mg, Catechin: 56.03mg, Catechin: 56.03mg, Catechin: 56.03mg

Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg
Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg Epigallocatechin 3–gallate:
1.03mg, Epigallocatechin 3–gallate: 1.03mg, Epigallocatechin 3–gallate: 1.03mg, Epigallocatechin 3–gallate: 1.03mg
Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin:
0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,
Naringenin: 0.03mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin:
1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin:
5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 141.15kcal (7.06%), Fat: 0.83g (1.28%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 32.71g (10.9%), Net
Carbohydrates: 24.69g (8.98%), Sugar: 25.49g (28.32%), Cholesterol: 0.49mg (0.16%), Sodium: 21.46mg (0.93%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Manganese: 0.98mg (49.08%), Vitamin C:
32.76mg (39.71%), Fiber: 8.03g (32.11%), Vitamin K: 29.99µg (28.56%), Copper: 0.26mg (12.91%), Vitamin E: 1.77mg
(11.81%), Folate: 41.21µg (10.3%), Calcium: 93.54mg (9.35%), Potassium: 311.57mg (8.9%), Magnesium: 35.24mg
(8.81%), Phosphorus: 72.03mg (7.2%), Zinc: 1.05mg (7%), Vitamin A: 325.4IU (6.51%), Vitamin B2: 0.1mg (5.93%),
Vitamin B5: 0.58mg (5.79%), Iron: 0.98mg (5.46%), Vitamin B3: 1.01mg (5.07%), Vitamin B6: 0.06mg (3.01%),
Vitamin B1: 0.04mg (2.83%), Vitamin B12: 0.15µg (2.49%), Selenium: 1.6µg (2.28%)