

## BERRY CHOCOLATE POPSICLE

- 1 pt. frozen vanilla yogurt, softened
- 12 oz. blackberries
- 10 oz. blueberries
- 4 oz. dark chocolate, chopped
- 3 T. coconut oil

Place blueberries and then blackberries in blender. Whir berries until a liquid.

Place softened frozen yogurt in a medium bowl. Whisk to break up any lumps. Using a fine mesh sieve to remove seeds, strain berry juice into frozen yogurt, pushing with a spoon to get the juice through the sieve. Whisk to blend well. Pour into popsicle molds. Insert sticks. Freeze 24 hours.

In a 1 cup glass measuring cup, melt chopped chocolate and coconut oil in microwave in 20 second intervals, stirring between intervals, until chocolate can be thoroughly melted by stirring. Allow to cool to room temperature, approximately 15 minutes.

While cooling, line a cookie sheet with freezer paper or parchment paper. Release popsicles from mold and quickly dip in cooled chocolate. Allow excess to drip. Place dipped popsicle on prepared cookie sheet. Repeat with remaining popsicles. Refreeze.

Makes 8-10 popsicles

