

## RED, WHITE, AND BLUE POPSICLES

1 pint frozen vanilla yogurt, softened

1/3 c. shredded coconut

1/4 t. coconut extract

8-10 large strawberries

1 t. sugar (opt.)

1/2 c. blueberries



In a medium bowl, blend softened frozen yogurt, coconut, and coconut extract. Pour into popsicle mold until each mold is three-fourths full.

Rinse strawberries and remove stems. In a food processor or blender, whir strawberries and sugar until puréed. Pour about 1 T. strawberry purée into popsicle mold on top of coconut and until each mold is almost full.

Rinse blueberries and add a spoonful to each mold, pushing them down slightly to embed them in strawberry layer.

Insert popsicle sticks. Freeze.

Makes approximately 8 popsicles.