Banana Plum Popsicles

INGREDIENTS

- ¼ cup nonfat plain Greek yogurt
- 10 plums, skin removed and seeded
- 2 frozen bananas
- 1 tablespoon honey, optional
- 1 teaspoon vanilla extract
- 1 teaspoon lime juice
- 1 tablespoon chia seeds, optional

Adapted:
thefeedfeed.com

PROCEDURE

1. In a blender, combine Greek yogurt, plums, bananas, vanilla extract, lime juice, honey, and chia seeds (if using).
2. Blend on high until smooth. If the mixture is too thick, add a small amount of water to help thin it out.
3. Pour the mixture into popsicle molds and freeze for 5–6 hours, or until fully frozen.
4. If you do not have a popsicle mold, use small paper cups or glasses instead. Pour in the mixture and freeze until it reaches a slushy consistency. Then insert a popsicle stick in the center and freeze for another 5–6 hours.