



BATSICLES

INGREDIENTS

- 2 cups orange juice
- 2 T. honey
- 1/2 cup lowfat vanilla Greek yogurt
- Small paper cups (or ice cube tray)
- Popsicle sticks (or toothpicks)

DIRECTIONS

Blend all ingredients until smooth. Pour into small paper cups and add a popsicle stick to each cup (or pour into ice cube trays and place a toothpick in each section). Freeze until set, about 4 hours or overnight. To serve, take a cup from the freezer, run warm water on the outside edge for a few seconds and remove from cup. Enjoy!

TASTY TIP

- Add fresh fruit (blueberries, raspberries, sliced bananas, sliced strawberries, etc.)

