

# Abby Pops

**Yields:** 6 Baby Abby Pops

## **Ingredients**

1 1/4 cup cold water  
1 cup of any Berries, puréed (*ends up being about 3/4 cup*)  
1/3 cup Low Fat Plain Greek Yogurt  
1 Tbsp. Chia Seeds, crushed with a pestle or spoon

## **Directions**

This recipe is based on 6 Baby Abby Pops.

**Step 1:** Evenly divide water into the Popsicle molds or Dixie cups.

**Step 2:** Puree Berries in a blender or mini food processor. Evenly divide berry puree into the Popsicle molds.

**Step 3:** Crush Chia seeds. Add to yogurt and incorporate. Evenly, divide chia-yogurt into the Popsicle molds. Place in the freezer for at least 3 hours before enjoying.

\*Optional addition:  
Splenda, Truvia or Stevia packet(s) to yogurt step.