



# STRAWBERRY KEFIR ICE POPS

SERVES  
6-8

## INGREDIENTS

- 1 lb (454 g) fresh strawberries or 4 cups (1000 mL) frozen
- 1 cup (250 mL) plain milk kefir
- 2 tsp (10 mL) honey
- 1 tsp (5 mL) vanilla

## DIRECTIONS

1. Purée strawberries in a blender until smooth.
2. Mix kefir, honey and vanilla in a bowl or measuring cup.
3. Divide strawberry mixture between ice pop molds. Top with kefir mixture. Use a knife to make a swirl in each mold.
4. Place ice pops in freezer for 2-3 hours until frozen solid.
5. Run mold under warm water until ice pop is loose. Serve and enjoy!

## NOTES

Reduce household food waste! Use overripe strawberries rather than throwing them out.



Teach  
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