

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/yogurt-parfait-pops-1>

Yogurt Parfait Pops

Prep time: 10 minutes active

Servings: 6

Parfait pops for breakfast? Don't mind if we do! So simple, refreshing, and delicious. All it calls for are yogurt and your favorite fruits in season. If you want to make them extra special, add a sprinkle of granola and a drizzle of honey. Perfect for even the pickiest kid (or adult)!

Green Valley Creamery

Ingredients

4 (6 oz.) Green Valley Creamery Lactose-Free Vanilla Yogurts

2 Tbsp. honey or agave nectar (optional)

A handful of granola (optional)

1 1/2 cups chopped fresh seasonal fruit

Instructions

- Layer your popsicle molds with vanilla yogurt and your fruits of choice.
- Optional: top off with granola and a drizzle of honey. The honey will help the granola adhere better to the yogurt, but it might be a bit sticky.
- Freeze for 4-6 hours then run the molds under warm water and wiggle out!