

Frozen Cherry Smoothie Pops

This recipe was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep time: 10 minutes

Freeze time: 8+ hours

Total time: 8 hours, 10 minutes

Makes 6 4-ounce popsicles

Ingredients

- 2 cups fresh or frozen dark sweet cherries (thawed if frozen)
- 1 cup plain whole milk yogurt
- ½ teaspoon vanilla
- 1-2 tablespoons honey (optional)

Preparation

1. If using fresh cherries, remove the stems and pits.
Combine all ingredients except honey in a high-power blender and blend until very smooth.
2. Depending on the sweetness of the cherries, add honey to taste (optional).
3. Pour into popsicle molds and freeze overnight (or for at least 8 hours).

