



# BLUEBERRY PROTEIN POPSICLES

156 Kcal | 18g Proteins | 3g Fats | 15g Carbs | 1g Fibers

## Ingredients

1.1 lbs. (500g) Greek yogurt  
1 oz. (30g) vanilla protein powder  
1 tbsp. honey  
5.2 oz. (100g) blueberries

## What you need to do

- Place the yogurt, protein powder and honey into a bowl and mix to combine.
- In a blender or food processor, puree the blueberries, then mix the puree in with the yogurt.
- Pour the mixture into popsicle molds, insert sticks and place into the freezer until set.



Serves

4



Prep. Time

5 minutes



Cook

0 minutes