



# RASPBERRY YOGURT POPS

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## *Ingredients*

2 Cups Natural Coconut Yogurt  
2 cups Frozen Raspberries  
1 teaspoon vanilla  
1 tablespoon maple syrup

Mix together the yogurt, maple syrup and vanilla together. Blend half the yogurt mixture with the raspberries, add a little water if necessary. Pop the yogurt mixture and then the raspberry mixture into a moulds, you can swirl these around a little to make patterns, or layer yogurt, raspberry, yogurt etc. Put in freezer for about an hour then add the sticks. Freeze for a further few hours.

Top with Cacao Nibs.

\*Alternatively you can use already flavoured vanilla coconut yogurt and just blend the yogurt with the raspberries.