**** **Banana Berry Smoothie Pops**

**ingredients:**

* 1 cup vanilla yogurt
* 2 bananas
* 1/2 cup blueberries
* 1 c strawberries

**Method:**

1. Using an immersion blender or blender, mix together the yogurt, banana and berries.

2. Pour the mixture into a popsicle mold or small paper cups and freeze for 5 hours or until set.