

Chia Seed Breakfast Popsicles

8 ingredients · 5 hours · 6 servings



Directions

1. In a medium sized mixing bowl, combine the yogurt, almond milk, honey, and chia seeds. Mix well.
2. Fill popsicle moulds about 1/4 of the way with the yogurt mixture then drop in the fruit. Spoon more of the yogurt mixture in to cover the fruit. To burst any air-pockets in your popsicles, press down on the mixture with a spoon.
3. Sprinkle the granola into the moulds to cover the yogurt and fruit, and press down with a spoon so that it gets incorporated with the yogurt mixture.
4. Freeze for at least 5 hours. When you're ready to eat, leave on the counter for 10 minutes before removing from moulds, so they will slide out effortlessly. Enjoy!

Notes

Vegan

Use unsweetened coconut yogurt and replace honey with maple syrup.

Mix it Up

Use any fruit that is in season, or any fruit that you have on hand.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 2 tbsps Raw Honey
- 1 tbsp Chia Seeds
- 1/3 cup Strawberries (sliced into small pieces)
- 1 Peach (sliced into small pieces)
- 1/3 cup Pineapple (sliced into small pieces)
- 1/2 cup Granola