

Fruit Smoothie Pops

1 banana (any kind of fruit can be used for this recipe)

1 kiwi

½ cup yogurt

½ cup of milk

Put ingredients into a blender. Blend until smooth.

Put into freezer safe cups or ice cube tray.

After 1/2 hour in freezer place popsicle sticks or toothpicks into smoothie cups.

Freeze thoroughly. Enjoy!

