

# RED BEET ICE POPS



A GREAT SUMMER TREAT TO BEET THE HEAT!

These popsicles are super easy to make and a yummy, refreshing treat for the whole family this summer! Feel free to add any different fruits of your choice.

## INGREDIENTS

- 1-2 tbsp Red Beet Crystals
- 1 1/2 cup chopped strawberries
- 1 1/2 cup chopped peaches (or 3 large peaches)
- 2/3 cup Saugeen Country yogurt
- 1 tsp vanilla extract
- 1/4 cup of water

## DIRECTIONS

1. Blend until smooth and freeze in a popsicle mold for a minimum of 6 hours total.



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