

Fruity Yogurt Pops

Recipe By *Chevy Slomovics and Raizy Janklowitz*



Cooking and Prep:  2 h

Serves:  4

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Gluten Free, Low Fat, Vegan, Vegetarian, Pescetarian

Source: Relish by Binah Magazine

Summer conjures up the taste of cold creamy ice cream on scorching hot days. Growing up, one of our faves was the good old vanilla-orange creamsicle pop. Before the days of numerous flavor choices, such as razzle or butter pecan, at every local ice cream store, all we craved was the orange creamsicle. Today, keeping up with our kids' frozen treat appetites can be quite a job on summer days. They expect to have the freezer stocked with a variety of refreshing ices and ice creams to snack on throughout the day, aside from the tempting ice cream truck that visits our colony at least once daily! Lately, I had been careful to serve my daughter more whole foods with natural ingredients, and I was happy that her skin was finally eczema free. I dreamed of developing a pop for my kids reminiscent of the creamsicle of my childhood — creamy and sweet like ice cream, without so much sugar and food coloring. These yogurt pops were created cautiously, but by the time I had it figured out, my kids were bringing all their friends to taste it too! The base of this recipe is my mother's famous cooked summer fruit compote. We like to make a big batch and keep it in the fridge to use in a variety of yummy dishes.

Ingredients (7)

Ices

- 1 (6-oz.) container vanilla So Delicious coconut yogurt
- 1/2 cup vanilla almond milk

Summer Fruit Compote

- 10 apricots, peeled and cut into wedges
 - 8 nectarines, peeled and cut into wedges
 - 8 small to medium peaches, peeled and cut into wedges
 - 1 Granny Smith apple
 - 3 tablespoons light jellied cranberry sauce
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Start Cooking

Summer Fruit Compote

Reserve 3/4 cup of this recipe for use in the yogurt pops.

1. Place the cut apricots, nectarines, and peaches in a 9- x 13-inch pan and allow to sit at room temperature for one and a half hours.
2. Dice the Granny Smith apples in very small pieces and add to fruit mixture.
3. Smear the cut fruit with the cranberry sauce to make a light coating.
4. Cover and bake at 400 degrees Fahrenheit for one hour. Remove from oven and allow to cool.

For the Ices

1. Mix the yogurt, almond milk, and 3/4 cup of Summer Fruit Compote together, then spoon into popsicle molds. Freeze until solid.