

# Flora's Berrylicious Popsicles

Makes 6 popsicles.



## Ingredients

- 1 3/4 c. organic yogurt
- 1 1/4 c. berries
- 6 tbsp. Salus Red Beet Crystals
- 2-3 tbsp. Udo's Oil

## Instructions

1. Place all ingredients in a blender and blend until smooth. Divide the mixture evenly among your popsicle molds. Freeze, then enjoy!

<http://blog.florahealthy.com/floras-berrylicious-popsicles/>