

Snack

# Strawberry Yogurt Popsicles

Side Effect: Nausea/Vomiting

**10 Mins**  
Prep Time

**4-5 Hours**  
Cook Time

**9**  
Servings

 **24 Calories** **0g Fat** **4g Carbs** **2g Protein** (Based on 1 Popsicle)



## Ingredients

 **9 Servings** • **1 (4 oz) Popsicle Serving Size**

 **4-5 Hours (Freezer) Total Time**

 **Allergens: Dairy**

**1 lb** Strawberries, **washed thoroughly**, stems removed and halved

**1 Tbsp** Lemon Juice, **lemon washed thoroughly before juicing**

**1 Cup** Vanilla Greek Yogurt

**1 Tbsp** **Pasteurized** Honey

### Allergen Swap

**Dairy** Replace the Greek yogurt with a dairy-free version

### Nourishment Note



#### Popsicles

It may be easier to tolerate cold foods, rather than warm foods, when feeling nauseous. Warm foods often have stronger odors which can trigger nausea.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Blend Ingredients

In a food processor or blender, puree the strawberries and lemon juice until smooth.

### 3. Whisk Ingredients

In a bowl, whisk the yogurt and honey until no lumps are visible.

### 4. Fill Popsicle Molds

Fill the popsicle molds (or 4 oz sample cups) by alternating 1 tablespoon fruit puree and 1 tablespoon of yogurt. Continue alternating until the molds are filled to ¼-inch from the top (about 3 tablespoons of yogurt and 4 tablespoons fruit puree).

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [simplyrecipes.com](https://www.simplyrecipes.com)

## What You'll Need



Cutting Board



Knife



Small Mixing Bowl



Whisk



Food Processor or Blender



Measuring Spoons



Popsicle Molds (or 4oz sample cups) and Popsicle Sticks

### Fatigue Buster

- Enlist in the help of a trusted friend or family member to whip up this cool treat.
- Try making a double batch to have extra available for days when energy levels are low.