



**Ingredients (Berry Pops):**

- ½ Cup pre-sliced mixed fruit
- ½ Cup plain greek yogurt
- 1 Tablespoon honey
- 6 Carrot sticks
- (Or wooden stick or whole wheat pretzel)

**Ingredients (Sorbet):**

- 1 Pre-sliced banana
- ½ Cup coconut milk
- ½ Cup apple juice
- ½ Cup mixed berries



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For the berry pops, take a bowl and mix together - fruit and plain greek yogurt. Then pour the mixture into paper cups. Insert a carrot stick into each fruit mixture. Freeze for about an hour and serve.

For the sorbet, mash a banana in a bowl with a fork. Then add coconut milk, honey, apple juice, and mixed berries. Mix so everything is evenly distributed. Freeze mixture within the bowl for 1 hour. Then scoop and serve.