



CLONAKILTY

APPLE & BLACKBERRY YOGURT ICE POPS





Blackberry & Yogurt Ice Pops

Recipe by Chef Kevin Dundon

Ingredients

- 1 apple, peeled and chopped
- 1 lemon juice
- 3 tbsp. honey
- 200g blackberries
- 250ml Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt
- 6-12 Popsicle holders and sticks
- 50g granola, to serve

Directions

- In a saucepan, place the apple, the lemon juice and 1 tbsp. honey. Bring to simmer over medium-low heat, covered with a lid. Stir every now and then to allow the apples to breakdown.
- Remove from the heat and set aside to cool
- Next, place the yogurt, honey, 2-3 tbsp. of apple compote made previously in a bowl with most of the blackberries. Keep a few to decorate. Stir to combine well. Check the flavour and add extra honey if too acidic.
- Pour the mixture into a Popsicle holder with a stick in each and place in the freezer for 3 hours or overnight. Alternatively, place in a glass and store in freezer, covering with cling film.
- Remove from the freezer a couple of minutes before serving, then dip the tray in hot water to lift the ice pop from the tray. Enjoy immediately with a sprinkle of granola and the rest of the blackberries.