



JERNEJ KITCHEN

PINEAPPLE AND YOGURT POPSICLES

4-ingredients only. Refreshing, not too sweet, simply amazing.

MAKES 6 POPSICLES
PREPARATION: 30 MINUTES

PINEAPPLE AND YOGURT POPSICLES

250 g pineapple, fresh

1 peach, fresh

150 g yogurt (3,5% fat +) or greek yogurt

50 g sugar

TOOLS AND EQUIPEMENT

kitchen knife

cutting board

saucepan

hand blender

popsicles mold

PREPARATION

Peel, core and cut pineapple into rough chunks. Quarter and destone your peach. Combine 40g of sugar, pineapple and peach in a small saucepan.

BRING TO A BOIL

Place the saucepan over medium-high heat and bring to a boil. Lower the heat and cook for 10 - 15 minutes, stirring often, until the fruit is thick and delicious. Remove from heat and let cool to room temperature.

FILL THE POPSICLE MOLDS

Whisk together yogurt and the remaining 10g of sugar. Refrigerate until needed. Using hand blender, roughly blend fruit jam. Pour a spoonful of yogurt onto the bottom of each mold, then a spoonful of pineapple peach jam. Continue layering yogurt, pineapple peach jam until the molds are full. Tap the molds lightly against the counter to remove any air between the layers.

FREEZE

Add a wooden sticks into each mold and place the popsicles in the freezer. Freeze until solid, for at least 8 hours.