



## 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

Sponsored

### 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.