Sugar-Free Blackberry Yogurt Popsicles

Hands-on 10 minutes Overall 4-5 hours

Nutritional values (per popsicle): Total carbs: 5 g, Fiber: 1.9 g, **Net carbs: 3.1 g**, Protein: 3 g, Fat: 3.7 g, Calories: 65 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 8 servings)

2 cups fresh *or* frozen and thawed blackberries (288 g/ 10 oz)

1 cup + 1 heaped tbsp 10% fat Greek yogurt *or* coconut yogurt such as Coyo (285 g/ 10 oz)

1 tsp vanilla powder *or* sugar-free vanilla extract

Optional: 2 tbsp powdered Erythritol, Swerve *or* sugar-free maple flavored syrup such as Lakanto *or* Yacon Syrup *or* any Choc Zero syrups

Instructions

1. Blitz the blackberries in a high speed blender. Optionally, add 1 tbsp of your preferred low-carb sweetener.
2. Stir the other 1 tbsp of low-carb sweetener through the yogurt. Add 1 tsp of vanilla powder to the yoghurt.
3. Layer the blackberry and coconut yoghurt into your popsicle mould. You want 4 layers. Freeze for at least 4 hours or overnight.
4. To remove the popsicles from the popsicle mould, simple run the sides under hot water for 5 - 10 seconds to loosen. Make sure no water leaks into the mould. Enjoy! Store in a freezer for up to 1 month.

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