

# Keto Roasted Berry Popsicles

Hands-on 10 minutes Overall 3-4 hours

**Nutritional values (per popsicle):** Total carbs: 7.6 g, Fiber: 1.8 g, **Net carbs: 5.8 g,**

Protein: 4.9 g, Fat: 6.5 g, Calories: 107 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

2 1/2 cups mixed berries, preferably fresh (350 g/ 12 oz)

juice from 1 lime

fine zest from 1 lime

1 tsp sugar-free [vanilla extract](#)

2 cups plain full-fat yogurt *or* coconut yogurt *or* [coconut cream](#) (500 g/ 1.1 lb)

## Instructions

1. Preheat oven to 190 °C/ 375 °F and place the berries on a baking sheet. Roast for 10 minutes until they start to caramelize.
2. Place the berries in a bowl and mash.
3. In a small bowl mix together the yogurt, vanilla, lime zest, and lime juice.
4. Divide half of the berry mixture into 8 [popsicle molds](#) (approx 3 oz/ 90 ml each), top with yogurt mixture, the top with the remaining berry mixture.
5. Freeze popsicles for 3-4 hours or until solid. Store in the freezer for up to 3 months.

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