

Blueberry Lemon Agrumato Paletas

Ingredients

2 cups fresh whole blueberries, washed
2 Tbsp water

1 teaspoon grated lemon zest
1/2 cup honey

1 cup whole milk yogurt
2 tablespoons Eureka Lemon olive oil

Method

Place the blueberries in a medium sauce pan over medium heat along with 2 tablespoons of water, the lemon zest, and honey. Heat until simmering for approximately 2 minutes.

Allow the mixture to cool slightly, and then add the yogurt and olive oil, whisking until blended.

When the mixture is at room temperature, portion into 12 popsicle (or paleta) molds and freeze.

Makes: 12

Time: 2h

