

Breakfast berry and yoghurt pops (gluten free)

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In a hurry? Whip up a batch of these berry and yoghurt pops for an easy brekkie-on-the-go.

I absolutely love these because they contain two of my favourite breakfast ingredients: berries and yoghurt, says Martyna Angell of [Wholesome Cook](#).

For a dairy-free version you could use coconut yoghurt. I like to add a little unprocessed demerara sugar to the base mix as berries are low in sugar and the sweetness can get lost when freezing.

You could use the same amount of honey or go without instead. This mix is also fantastic with low-sugar cereal blended through. It's the closest thing you'll get to ice cream for breakfast!

Ingredients (makes 6-8)

- 1 cup (150g) mixed berries, frozen or fresh
- ½ cup Greek-style natural yoghurt or coconut yoghurt
- 1/8 cup unrefined demerara sugar, milled to a powder, or honey
- ½ cup fresh cream
- ½ teaspoon vanilla powder or essence

METHOD

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Place all ingredients in a blender and process until smooth and fluffy.

Pour mixture into ice pop moulds and freeze for four to six hours before serving.

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Image and recipes from Wholesome Cook.

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