

Sour Cherry Yogurt Ice Pops



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Makes 8 ice pops

Prep time: 10min

Cook time: 10min

Total time: 20min + freezing time

Difficulty: Basic

Category: Mousses, creams & ice creams

This easy refreshing treat is just perfect for those hot summer days. It's basically a frozen yogurt on a stick and takes just minutes to put together. It's important to weigh the cherries after you've pitted them, though, but you can easily replace them with any other summer fruit. Raspberries would be a great choice.

Ingredients

230g fresh sour cherries, pitted
2 tablespoons icing sugar
1 tablespoon lemon juice
1 tablespoon Maraschino liqueur
400g Greek style yogurt
1 vanilla bean, seeded
2 tablespoons honey

Directions

Put the cherries in a saucepan with the confectioners' sugar and cook over medium heat, stirring, until the mixture comes to a boil and the sugar has dissolved. Lower the heat, stir in the lemon juice, and simmer, stirring often, until the syrup has thickened a bit. Remove from heat, stir in the Maraschino liqueur, and refrigerate until completely chilled. Once cool, drain the cherries, reserving the liquid for another use.

In a separate bowl combine the yogurt, vanilla seeds and honey and stir to incorporate. Put a bit of the yogurt mixture into each of your molds, to a height of about 2cm. Freeze until the mixture begins to set, about 30 minutes. Divide the drained cherries among the molds, then pour in the remaining yogurt mixture, dividing it evenly among the molds. Stir the mixture with a wooden stick to marble it and then push the stick inside the mold. Freeze until solid.