

## Protein Popsicles



*Craving a refreshing and healthy snack? Prepared in just 10 minutes, these protein popsicles are perfect for fruit and skyr lovers. Enjoy these delicious treats, ideal for a nutritious and tasty break!*

Preparation 10 min

Cooking 0 min

Waiting 300 min

Servings 4

Nutrition Facts (per serving)

Calories 100

Fat 2

Carbohydrates 13

Fibre 1

Protein 8

Sodium 30

### **Ingredients**

- 300 ml + 30 ml (1 ¼ cups + 2 tbsp) vanilla 2% skyr, divided
- 250 ml (1 cup) frozen fruits of your choice (see Note)

### **Preparation**

1. In a microwave-safe bowl, heat the fruits for 1 minute.
2. In a blender, place the fruits and 30 ml (2 tbsp) of skyr. Blend until smooth.
3. In popsicle molds, place 22 ml (1 ½ tbsp) of skyr at the bottom of each mold. Pour in a layer of the smoothie mixture. Repeat until the molds are full, then insert the sticks into the center.
4. Freeze the popsicles for at least 5 hours or until completely solidified. To unmold, run warm water on the outside of the molds if needed.

## Notes

Keeps for 3 months in the freezer.

We used a mix of strawberries, banana, and blueberries. If you use fruits that take up more space when frozen (e.g., whole strawberries, peaches, etc.), ensure you have about **125 ml (½ cup) of fruit once thawed**. You can also use **125 ml (½ cup) of fresh fruit cut into small pieces**.



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