It is the middle of summer and keeping cool and hydrated is really important. Here is a recipe for Strawberry Yogurt Popsicles to help keep you cool and hydrated on these warm summer days.

**Strawberry Yogurt Popsicles**

**Ingredients:**

1. cup of hulled strawberries

1 Large Container of Vanilla Yogurt

Directions:

Place strawberries in a food processor until they have an apple sauce consistency. Layer the yogurt and strawberry sauce into Popsicle molds. Place them in the freezer overnight.

For a rainbow Popsicle, try a variety of seasonal fruits and layer with the strawberries.

