

Milk Kefir Pops

Equipment Needed:

2-cup measuring cup
Wooden son or rubber spatula for mixing
Container with cavities to for making the pops

To Make The Chocolate Pops:

1 cup kefir
3 tbsp cocoa 22/24*
1/3 cup organic sugar**
A few drop pure vanilla

Place the kefir, cocoa and sugar into a measuring cup. Add the few drops of vanilla. Mix the all together until smooth. Pour the mixture into cavities of the container you are using to make the pops. Place in the freezer. If adding popsicle sticks, wait 30 minutes before inserting the sticks. Let them freeze completely. To serve: Remove the container from the freezer and let sit at room temperature for 5 minutes. Pop the pops out of the cavities and serve.

To Make The Fruit Pops:

1 cup kefir
1 cup frozen berries
1 ½ tbsp organic sugar**

Place the kefir, fruits and sugar in a food processor or blender. Blend until smooth. Transfer to a measuring cup and pour into the cavities of the container you are using for the pops. Place in the freezer. If adding popsicle sticks, wait 30 minutes before inserting the sticks. Let them freeze completely. To serve: Remove the container from the freezer and let sit at room temperature for 5 minutes. Pop the pops out of the cavities and serve.

*If you cannot find 22/24 cocoa, then use 4 tbsp of 10/12. 2 oz or 60 g of 70 % cocoa solid chocolate can also be used instead. Melt the chocolate in a double boiler and add quickly to the kefir while stirring. Then add the sugar and vanilla and mix again.

**There are many low-glycemic choices for sweeteners you can use: Raw Honey (with 10 strains of good bacteria for added benefit) sucanat, maple syrup, coconut sweetener or palm sugar and evaporated can juice which is also known as organic sugar.