



If your popsicle mold doesn't tell you the total volume of liquid you need to fill all the wells-and they rarely do- grab a liquid measuring cup and fill it with 3 cups of water. Pour the water into all the wells until you run out or need more. Now you know roughly how large to make your popsicle base mixture. My 10-well popsicle mold needs about 3 ½ cups of liquid so that's the total measurement for this recipe. Feel free to use fresh or frozen blueberries in this recipe, it won't make a big difference. The amount of agave you add to the mix should be based on the sweetness of the milk, berries, and yogurt that you use. Start with 2 tablespoons, blend, then taste and add more as needed. Remember: it needs to be just a little sweeter than you'd want to drink so that it will taste perfectly sweetened when frozen. Other than that, switch out the berries, add lime instead of lemon, play with different yogurts bases and flavors, and you've got enough different popsicles to last you through the fall or whatever new season comes next.

### **Creamy Blueberry Lemon Popsicles**

Makes 10 popsicles or 3 ½ cups of liquid to freeze

2 ¼ cups fresh or frozen blueberries  
1 cup nondairy milk, plain or vanilla  
¾ cup nondairy yogurt, plain or vanilla  
2-4 tablespoons agave or maples syrup  
1 tablespoon cornstarch  
Zest from ½ a lemon

Add all the ingredients into a blender and run until everything is incorporated and there isn't a pocket of cornstarch hanging around someplace. Pour this mixture into your popsicle molds making sure to not overfill them since liquids expand when frozen. But you remembered that from school, right? Right.

Add a wooden stick to each mold and transfer to the freezer to set overnight. Then you know, eat them and appreciate the simplicity.