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REFRESH

Lemon Cream Pops

1 package lemon gelatin
1 cup boiling water
1 cup lemon yogurt
1/2 cup milk
1/4 teaspoon lemon extract

Dissolve gelatin in boiling water in a glass bowl. Cool to room temperature and stir in yogurt, milk and lemon extract. Pour into popsicle mold and freeze until firm, about 5 hours.

