



Yogurt Fruit Pop

Servings 10 | Prep time 15 mins. |

Equipment:

Large mixing bowl
Can opener
Paper cups
Popsicle sticks

Utensils:

Large spoon
Measuring cups

Ingredients

1 20 ounce can crushed pineapple in juice, drained
2 cups (plain or vanilla) low-fat yogurt
12 ounces orange juice frozen concentrate, thawed slightly

Instructions

1. Before you begin wash your hands, surfaces, utensils, and tops of cans.
2. Mix all ingredients in a large mixing bowl.
3. Divide into 10 paper cups.
4. Freeze until slushy, about 60 minutes. Put a popsicle stick into the center of each cup.
5. Freeze until hard, or at least an additional 4 hours. Peel away the paper cup to eat the fruit pop.

Nutritional Information:

Calories 270 Total Fat 2g Sodium 90mg Total Carbs 56g Protein 9g

This institution is an equal opportunity provider. <http://www.section508.gov> / This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.