



Yogurt Fruit Pop

Servings 10 | Prep time 15 mins. |

Equipment:

Large mixing bowl
Can opener
Paper cups
Wooden 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 frozen orange juice concentrate,
slightly thawed

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 mixture 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 for 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