



Yogurt Fruit Pop

Servings 10 | Prep time 15 mins. |

Equipment: Large mixing bowl, Can opener, Paper cups, Popsicle sticks

Utensils: Large spoon

Ingredients

2 cups crushed pineapple, drained from 20 ounce can of pineapple in 100% pineapple juice

2 cups 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 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