



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, and utensils.
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.
6. Enjoy!

Nutritional Information:

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