



# 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