

Frozen Fruit Pops

Ingredients:

8 ounces crushed pineapple in juice
 6 ounces nonfat yogurt, with fruit
 6 ounces orange juice, frozen concentrate, thawed

Equipment:

4 small paper cups
 Wooden sticks
 Can opener
 Medium size bowl
 Spatula
 Can opener
 Popsicle sticks

Number of Servings: 4
 Preparation Time: 5 minutes
 Total time: 4 hours

Directions

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.
4. Note: You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice or diet soda. Try other fruits or juice concentrates for variety.

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Nutrition Facts

Serving Size: 1 popsicle	
Servings: 4	
Amount Per Serving	
Calories 128	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 1mg	0%
Sodium 34mg	1%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	3%
Protein 4g	8%
Vitamin A 3%	Vitamin C 118%
Iron 2%	Calcium 11%

*Percent Daily Values are based on a 2,000 calorie diet.

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