

Yogurt Popsicles

Rating: ★★★★★

Makes: 12 popsicles

Ingredients

6 ounces frozen orange juice concentrate, thawed

2 cups yogurt, low-fat vanilla

Other Items Needed:

paper cups (3-ounce)

wooden sticks

aluminum foil

Directions

1. Pour yogurt into melted juice concentrated and stir until smooth.
2. Place cups together on a baking sheet.
3. Pour yogurt/juice mixture into paper cups.
4. Cover the cups with a sheet of aluminum foil.
5. Insert stick for each popsicle by making a slit in foil over the center of each cup.
6. Freeze popsicles until firm.
7. Run warm water on the outside of each cup to loosen each popsicle from the cup.

Colorado State University and University of California at Davis. Ea

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	63	
Total Fat	1 g	2%
Protein	2 g	
Carbohydrates	12 g	4%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	27 mg	1%

MyPlate Food Groups

Fruits	1/4 cup
Dairy	1/4 cup