

Frozen Fruit Pops

Makes: 4 servings

These frozen fruit pops contain fruit, juice, and low-fat yogurt to create a refreshing treat on a summer day.

Ingredients

- 1 cup** crushed pineapple
- 1 cup** yogurt, low-fat fruit (8 ounces)
- 6 ounces** orange juice, frozen concentrate (thawed)

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.

Notes

You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice. Try other fruits or juice concentrates for variety.

USDA, Food and Nutrition Service (FNS) and Food and Drug Adm

Nutrition Information

Nutrients	Amount
Calories	176
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	38 mg
Total Carbohydrate	40 g
Dietary Fiber	1 g
Total Sugars	39 g
Added Sugars included	8 g
Protein	4 g
Vitamin D	0 IU
Calcium	118 mg
Iron	0 mg
Potassium	539 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1 cup
 Dairy	1/4 cup