

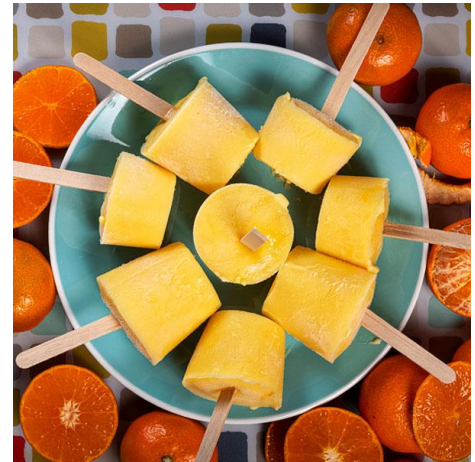
Yogurt Freezer Pops

12 servings

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein, and vitamins to help build strong bones and teeth. Calcium keeps your nerves, heart, and muscles healthy, and may help regulate your blood pressure.

6 ounces frozen orange juice concentrate*, thawed
2 cups yogurt, low-fat vanilla*
12 (3 ounce) paper cups
Aluminum foil
12 wooden sticks

1. Wash hands with soap and water.
2. In a medium bowl, combine thawed juice concentrate and yogurt. Stir until smooth.
3. Place paper cups close together on a baking sheet.
4. Pour juice/yogurt mixture into paper cups.
5. Cover the cups with a sheet of aluminum foil.
6. Insert stick for each freezer pop by making a slit in foil over the center of each cup. The aluminum foil serves to keep the sticks in place as the juice/yogurt mixture freezes.
7. Freeze freezer pops until firm.
8. To serve, run warm water on the outside of each cup to loosen each freezer pop from the cup.
9. Store leftovers in a sealed container in the freezer.



*Any flavor of juice concentrate or yogurt can be used.

Nutrition Information per Serving (1 freezer pop): Calories 50, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 20mg, Total Carbohydrates 9g, Fiber 0g, Total Sugars 8g, Includes 2g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 4%.

Recipe Source: MyPlate Kitchen, Eating Smart, Being Active - Colorado State University