

Yogurt Fruit Pops

INGREDIENTS

- 1, 20 ounce can crushed pineapple in 100% fruit juice, drained
- 2 cups low-fat vanilla yogurt
- 12 ounces frozen 100% orange juice, slightly thawed

TIME: 6 HOURS
SERVINGS: 10



Adapted from:
celebrateyourplate.org



Yogurt Fruit Pops

INGREDIENTS

- 1, 20 ounce can crushed pineapple in 100% fruit juice, drained
- 2 cups low-fat vanilla yogurt
- 12 ounces frozen 100% orange juice, slightly thawed

TIME: 6 HOURS
SERVINGS: 10



Adapted from:
celebrateyourplate.org



PROCEDURE

1. Mix all ingredients in a large mixing bowl.
2. Divide mixture into 10 paper cups.
3. Freeze until slushy, about 60 minutes. Put a popsicle stick into the center of each cup.
4. Freeze until hard, or for at least an additional 4 hours. Peel away the paper cup to eat the fruit pop.

Note:

- You can also use small cups, glasses, or freezable popsicle molds to freeze the pops.

PROCEDURE

1. Mix all ingredients in a large mixing bowl.
2. Divide mixture into 10 paper cups.
3. Freeze until slushy, about 60 minutes. Put a popsicle stick into the center of each cup.
4. Freeze until hard, or for at least an additional 4 hours. Peel away the paper cup to eat the fruit pop.

Note:

- You can also use small cups, glasses, or freezable popsicle molds to freeze the pops.