



Celebrate! Eat Smart & Be Active



EFNEP

Expanded Food and Nutrition Education Program

Yogurt Popsicles

Makes: 12 popsicles

Preparation Time: 15 minutes

Ingredients

6 ounces frozen orange juice concentrate, thawed

2 cups plain yogurt

12 (3-ounce) paper cups

12 wooden sticks

Directions

1. Pour yogurt into melted juice concentrate 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 the foil over the center of each cup.
6. Freeze popsicles until firm.
7. Run warm water on outside of cup to loosen each popsicle from the cup.

Eat Smart: Build Strong Bones!

Nutrition Facts

Serving Size 1 Popsicle (55g)
Servings Per Container 12

Amount Per Serving

Calories 50 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 30mg **1%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 2g

