

JUICY YOGURT POPS

Makes 12 servings

Serving Size: 1 pop

Are you hot and need something FUN and COOL to make? Make some juicy yogurts pops!

Ingredients

$\frac{3}{4}$ cup low-fat vanilla yogurt

1 $\frac{1}{2}$ cups of 100% fruit juice (try grape, apple, or orange juice)

Directions

1. Spoon 1 tablespoon of yogurt into each cup of an ice tray.
2. Fill each cup with fruit juice (about 2 tablespoons each cup)
3. Cover tray with wax paper and stick a toothpick in each cup.
4. Freeze overnight.

Nutrition Information Per Serving

20 Calories, Total Fat 0g, Saturated Fat 0g, Protein 1g, Total Carbohydrate 4g, Dietary Fiber 0g, Sodium 10mg. Good source of vitamin C.

Recipe was analyzed using 100% grape juice.

