



Celebrate!
Eat Smart & Be Active

Yogurt Popsicles

Makes: 12 popsicles
 Preparation Time: 15 minutes

Ingredients

- 6 ounces frozen orange juice concentrate, thawed
- 2 cups vanilla 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.

Nutrition Facts	
Serving Size 1 Popsicle (52g)	
Servings Per Container 12	
Amount Per Serving	
Calories 60	Calories from Fat 5
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	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 2g	

Eat Smart: Build Strong Bones!



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