

# Peachy Pops

Peachy pops will be the perfect partner to your playful picnic. Enjoy these frosty treats any day.

Prep Time: 20 mins  
Chill Time: 5 hours

Makes: 6 popsicles

Source: [foodhero.org](http://foodhero.org) Peachy Pops

## Ingredients

- 2 peaches
- 2/3 cup yogurt, low-fat vanilla
- 2 cups orange juice

## Directions

1. Use a knife to remove the skin from the peaches, and to chop the peaches.
2. Spoon the peaches into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the peaches.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.
9. Just before serving, peel the paper cups away from the pops to eat.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1 popsicle

Nutrients	Amount
Calories:	80
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	1 mg
Sodium:	19 mg
Total Carbohydrates:	17 g
Dietary Fiber:	1 g
Total Sugars:	15 g
Added Sugars:	2 g
Protein	2 g

### Utensils Needed

- Bowl
- Paper cups
- Spoon (silver or plastic)
- Measuring Utensils
- Aluminum foil

# SHOPPING LIST

Average total cost : \$2.64

Average cost/serving: \$0.44

Recipe Makes: 6 popsicles

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 2 to Cart  
Fresh peaches



Add 1 to Cart  
100% Orange Juice 12oz



Add 1 to Cart  
Non- fat vanilla yogurt 32oz

## Save Time, Save Money

- Be Creative! Make desserts using leftover peaches like Peach Crisp.
- Serve whole leftover peaches.
- If fresh peaches aren't available use frozen or canned peaches
- Make a peach parfait with yogurt and cereal.
- Blend peaches, banana, and milk to make a refreshing smoothie.

## My Cooking Notes