

# Yogurt Popsicles

Want to make this a fun child experience? The children can: open the juice, stir things together, use a spoon to fill small cups, and put the sticks in.

Makes: 24 popsicles (12 servings)

Prep Time: 5 minutes  
Chill Time: 2-3 hours

Source: [foodhero.org](http://foodhero.org) recipes - yogurt popsicles

## Ingredients

- 1 quart low fat vanilla yogurt
- 1 can frozen orange juice concentrate (6 ounce can)

## Directions

1. Stir all the ingredients together.
2. Spoon into 24 popsicle molds or small waxed paper cups. Insert wooden craft sticks in the center of each popsicle.
3. Freeze about 2 to 3 hours depending on the size of the popsicle.
4. Refrigerate or freeze leftovers within 2 hours.

## Utensils Needed

- Wooden Craft Sticks
- Popsicle Molds or Small Waxed Paper Cups
- Mixing Bowl
- Mixing Spoon



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 2 Popsicles	
Nutrients	Amount
Calories:	70
Total Fat:	1 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	55 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Total Sugars:	14 g
Added Sugars:	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	6 mg
Iron	0 mg
Potassium	220 mg

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.07

Average cost/serving: \$.26

Makes: 12 Servings

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

## Ingredients



Add 1 to Cart  
Lowfat Vanilla Yogurt 32 oz



Add 1 to Cart  
Frozen Orange Juice Concentrate  
12 fl oz

## SAVE TIME, SAVE MONEY

### Leftover Tips

- Not sure what to do with leftover orange juice? Try mixing some with a natural seltzer for a different spin on a drink!
- Try making orange glazed carrots, or even use orange juice in a homemade dressing!

## My Cooking Notes