



A Nutrition Resource

YOGURT POPSICLES

Yield: 12 Servings | Serving Size: 1 popsicle
Cost/Serving: \$0.20

Ingredients:

6 ounces frozen orange juice concentrate, thawed
2 cups vanilla yogurt
12 (3-ounce) paper cups
Aluminum foil
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) Freezing popsicles until firm.
- 7) Run warm water on outside of cup to loosen each popsicle from the cup.

This recipe is used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Nutrition Facts

12 servings per container

Serving size **1 popsicle (52g)**

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol < 5mg **2%**

Sodium 25mg **1%**

Total Carbohydrate 13g **5%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 4g Added Sugars **8%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 149mg **10%**

Iron 0mg **0%**

Potassium 89mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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