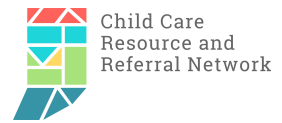


Frozen Fruit Pops



Ingredients

- 1 cup crushed pineapple, canned, juiced packed
- 1 cup low-fat yogurt, any fruit flavor (8 ounces)
- 6 ounces orange juice, frozen concentrate (thawed)
- 4 small paper cups

Instructions

Mix the ingredients in a medium-sized bowl. Divide mixture into 4 paper cups. Freeze until slushy, about 60 minutes. Insert a wooden stick half way through the center of each fruit pop. Freeze until hard or at least 4 hours. Peel away the paper cup and enjoy your fruit pop.

Scan the QR code or visit FamilyResourceNavigator.org/FoodforThought for additional recipes and healthy eating tips.

