

# Frozen Fruit Pops

Yield 4 servings

## Ingredients

8 ounces	crushed pineapple
1 cup	yogurt, low-fat fruit (8 ounces)
6 ounces	orange juice, frozen concentrate (thawed)

## Instructions

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

## Cost

Per recipe: \$2.03

Per serving: \$0.51

## Source

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

## Notes

You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice. Try other fruits or juice concentrates for variety.

<b>Nutrition Facts</b>	
Serving Size 1 fruit pop, 1/4 of recipe (167g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 41g</b>	<b>14%</b>
Dietary Fiber 1g	4%
Sugars 38g	
Protein 4g	
Vitamin A 4%	• Vitamin C 130%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	