

Peachy Pops

Makes: 6 servings

Ingredients

2 peaches

2/3 cup yogurt, low-fat vanilla

2 cups orange juice

paper cups

spoons

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.

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	20 mg
Sodium	20 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	18 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

9. Just before serving, peel the paper cups away from the pops to eat.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes