

Frozen Fruit Pops

These frozen fruit pops contain fruit and yogurt to create a refreshing treat on a summer day.

Makes: 4 servings

Ingredients

- 1 cup crushed pineapple, canned, juiced packed
- 1 cup plain yogurt (8 ounces)

Directions

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



Notes

- You can mix ingredients and freeze in ice cube tray instead of cups, making great tasting “ice cubes.”
- Try other canned or fresh fruits for variety.

Recipe from: *The Power of Choice*, U.S. Department of Agriculture and U.S. Department of Health and Human Services Food and Drug Administration, adapted by the USDA Food and Nutrition Administration.

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