

National Network For Child Care (nccc.org)

FRUIT JUICE POPS

1 (6 ounce) can frozen juice concentrate (100% juice)
2 cups plain yogurt
2 teaspoons vanilla
6 (5 ounce) paper cups
6 wooden sticks

1. Mix all ingredients together in a medium bowl.
2. Pour the mixture into six (5 ounce) paper cups (generous 1/3 cup mixture per paper cup).
3. Insert a wooden stick for a handle.
4. Cover and freeze until firm.

NOTE: To remove a pop, hold the paper cup under tap water for a few seconds.

Yield: 6 servings

Serving size: 1 fruit juice pop

Snack Suggestion: One fruit juice pop and four vanilla wafers