

# Yogurt Pops

Yield: 4 servings

## Ingredients

6 ounces yogurt, fat-free, flavored or plain  
3/4 cups fruit juice

## Instructions

1. Put the yogurt and juice in a bowl.
2. Stir together well.
3. Pour the mix into paper cups.
4. Stick a popsicle stick in the center of the mix in the cup.
5. Place the yogurt pops in the freezer until they turn solid.

## Notes

Here are some good flavor mixes for yogurt pops:

- Lemon yogurt with orange juice
- Vanilla yogurt with raspberry juice

Use 100% fruit juice for no added sugars.

You can buy popsicle sticks in a crafts store, or in the crafts department of a discount store.



## Nutrition Facts

Serving Size 1 pop, 1/4 of recipe  
(87g)

Servings Per Container 4

Amount Per Serving

**Calories 45**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 20mg**      **1%**

**Total Carbohydrate 10g**      **3%**

Dietary Fiber 0g      **0%**

Sugars 9g

**Protein 1g**

Vitamin A 4%      • Vitamin C 4%

Calcium 4%      • Iron 0%

\*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

## Source

Pennsylvania Nutrition  
Education Program,  
Pennsylvania Nutrition  
Education Network  
Website Recipes

## Cost

Per recipe: \$0.77

Per serving: \$0.19