

# Frozen Fruit and Yogurt Pops

These frozen pops are a healthier alternative to freezies and ice cream bars. There is no need to add sugar – they are naturally sweet from the banana and fruit juice.



## Ingredients:

1 cup	Plain 1% M.F. yogurt	250 mL
1 medium	Banana, sliced	1 medium
1 tsp	Vanilla extract	5 mL
1 cup	100% fruit juice (orange, peach, pineapple, etc).	250 mL
7	Small paper cups	7
7	Plastic spoons or wooden sticks	7

## Directions:

1. Put the yogurt, banana, vanilla, and juice in a blender. Blend until smooth.
2. Pour liquid into small paper cups. Place filled cups into the freezer.
3. When the yogurt mixture is half frozen, place a plastic spoon or wooden stick in each cup.
4. Return the cups to the freezer and freeze until firm. This will take about 4–5 hours.
5. To serve, turn cups upside down and run warm water over them until the frozen pops slip out of the paper cups.

**Makes 7 servings (1 pop/ 90 mL/ 92 g)**

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<b>Nutrition Facts</b>	
Per 1/7 of recipe (1 pop/ 90 mL/ 92 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 60	
<b>Fat</b> 0.5 g	<b>1 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 25 mg	<b>1 %</b>
<b>Carbohydrate</b> 10 g	<b>3 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 5 g	
<b>Protein</b> 2 g	
Vitamin A	2 %
Vitamin C	25 %
Calcium	6 %
Iron	2 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Fat free	0.5 g
Saturated fat free	0 g
Low in sodium	25 mg
Source of potassium	219 mg
Source of calcium	72 mg
Source of magnesium	15 mg
Source of folate	11 mcg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1/2
Grain Products	0
Milk and Alternatives	1/4
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- Blender