

Yogurt Popsicles

July 2025 Recipe

Makes: 12 servings



Ingredients

- 6 oz. frozen orange juice concentrate (thawed)
- 2 cups low-fat vanilla yogurt
- 12, 3-oz. paper cups
- 12 wooden sticks
- Aluminum foil

Nutritional information for 1 serving

Calories	42
Total fat	1 g
Saturated fat	0 g
Cholesterol	2 mg
Sodium	28 mg
Carbohydrate	7 g
Dietary fiber	0 g
Total sugars	7 g
Added sugars included	3 g
Protein	2 g

Directions

1. In a medium bowl, combine the thawed juice concentrate and yogurt. Stir until smooth.
2. Place the paper cups close together on a baking sheet.
3. Pour the yogurt and juice mixture into the paper cups.
4. Cover the cups with a sheet of aluminum foil.
5. Insert a stick for each freezer pop by making a slit in foil over the center of each cup. The aluminum foil keeps the sticks in place as the juice/yogurt mixture freezes.
6. Freeze the popsicles until firm.
7. Run warm water on the outside of each cup to loosen each popsicle from the cup.
8. Store leftovers in a sealed container in the freezer.

Source: MyPlate

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