**Yogurt Fruit Pop**
Servings 10 | Prep time 15 mins.

**Ingredients**

- 2 cups crushed pineapple, drained from 20 ounce can of pineapple in 100% pineapple juice
- 2 cups low fat yogurt
- 12 ounces orange juice frozen concentrate, thawed slightly

**Equipment:** Large mixing bowl, Can opener, Paper cups, Popsicle sticks

**Utensils:** Large spoon

**Instructions**

1. Before you begin wash your hands, surfaces, and utensils.
2. Mix all ingredients in a large mixing bowl.
3. Divide into 10 paper cups.
4. Freeze until slushy, about 60 minutes. Put a popsicle stick into the center of each cup.
5. Freeze until hard or at least 4 hours. Peel away the paper cup to eat the fruit pop.
6. Enjoy!

**Nutritional Information:**

- Calories 270
- Total Fat 2g
- Sodium 90mg
- Total Carbs 56g
- Protein 9g