Yogurt Fruit Pop
Servings 10 | Prep time 15 mins.

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

**Utensils:** Large spoon

**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

**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