

## Frozen Fruit Pops

Serving Size: 1 fruit pop

Yield: 4 servings



### Ingredients:

8 ounces crushed pineapple  
1 cup (8 ounces) yogurt, lowfat fruit  
6 ounces orange juice, frozen concentrate, thawed

### Instructions:

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy—about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

**Note:** you can mix ingredients and freeze in ice cube tray instead of cups, making great “ice cubes” in fruit juice. Try other fruits or juice concentrates for variety.

Cost:

Per recipe: \$1.70

Per Serving: \$0.42

**Source:**

USDA—Food Stamp Nutrition Connection—Recipe Finder  
<http://recipefinder.nal.usda.gov>

Buffalo County Wisconsin Nutrition Education Program  
407 S. Second Street, Alma, WI 54610. Phone: 1-608-685-6256

Pepin County Wisconsin Nutrition Education Program  
740 7th Ave W, PO Box 39, Durand, WI 54736. Phone 1-715-672-5214

---

This information is published by the University of Wisconsin-Extension Service in cooperation with USDA and Wisconsin Counties. UW Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call Buffalo County: 608-685-4412 or Pepin County: 715-672-8941

