

Nutrition Education

Pineapple Popsicles

Ingredients:

- 2 cups plain yogurt
- 1/2 cup canned crushed pineapple
- 1 can frozen pineapple or orange-pineapple juice concentrate, thawed

Utensils:

- medium-sized bowl
- mixing spoon
- paper cups
- plastic wrap
- wooden popsicle sticks (available at craft stores)
- measuring cups

Directions:

1. Drain the can of crushed pineapple so all the juice runs out.
2. Put all the ingredients in a medium-sized bowl and mix them together.
3. Spoon the mixture into the paper cups. Fill them almost to the top.
4. Stretch a small piece of plastic wrap across the top of each cup.

5. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.

6. Put the cups in the freezer until the mixture is frozen solid.

7. Remove the plastic wrap and peel away the paper cup. You'll have pineapple pops to eat and share!
Makes 4 popsicles.

Suggestions:

If you like, you can make this recipe using plastic popsicle molds instead of the paper cups and popsicle sticks.