

Orange Cream Popsicle

Try these popsicles for a cool treat on a warm summer day. They are a great source of vitamin C to keep your immune system strong.

Serves 6



Ingredients

- 1 cup low-fat vanilla yogurt
- 1 16-ounce can mandarin oranges, in fruit juice

Nutrition Facts

Serving Size 1 Popsicle
Servings Per Recipe 6

Amount Per Serving

Calories 50 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 30mg **1%**

Total Carbohydrate 10g **3%**

 Dietary Fiber 1g **4%**

 Sugars 9g

Protein 2g

Vitamin A 15% • Vitamin C 45%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Puree ingredients together in a blender and pour into popsicle molds.
2. Freeze for at least 3 hours.

