

# OJ YOGURT POPS

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*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (Serving = 1 popsicle)*

## **Nutrition (per serving)**

Calories: 62	Total Carbohydrate: 12
Total Fat: 0 g	Dietary Fiber: 0 g
Saturated Fat: 0 g	Protein: 3 g
Sodium: 30 mg	

## **Ingredients**

- 8 ounces light vanilla yogurt
- ½ cup frozen orange juice concentrate, thawed (or any other juice/lemonade concentrate)
- ¾ cup skim milk

## Directions

1. Place all ingredients in a medium bowl and whisk to combine.
2. Pour evenly into popsicle molds or small cups. If using small cups, place foil over the top and insert a popsicle stick through the foil.
3. Freeze overnight.
4. To easily pop out of molds, run under hot water for 10-15 seconds.