

A Kid-Pleasing Recipe from WNEP...

Orange Yogurt Pops

1 6-oz. can frozen orange juice concentrate, thawed
2 8-oz. plain nonfat or low-fat yogurt
2 teaspoons vanilla

1. Beat orange juice concentrate, yogurt and vanilla until well blended.
2. Fill 6 small paper cups with mixture. Insert plastic spoons for handles.
3. Freeze until solid
4. Remove from cups to eat like a popsicle.

Makes 6 servings, 1 popsicle each

