

Icy Fruit Pops

Ingredients:

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2 cups strawberries cut into halves1 cup 100% orange juice4 (7 oz.) paper cups4 craft sticks or plastic spoons

Directions:

- 1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
- 2. Place fruit and orange juice in blender container.
- 3. Put lid on tightly and blend until smooth.
- 4. Pour mixture into four paper cups. Place cups in freezer until partially frozen, about 1 hour.
- 5. Place craft sticks or plastic spoons in center of cups. Place in the freezer for 3 hours or until firm.
- 6. To serve, peel away paper cup or run paper cup under warm water to loosen the fruit pop.
- 7. Serve cold.

Nutrition Facts (Per Serving)

Calories 60; Carbohydrate 13 g; Protein 1 g; Total Fat 0 g; Saturated F at 0 g; Trans Fat 0 g; Cholesterol 0 mg; Fiber 2 g; Total Sugars 10 g; Sodium 5 mg; calcium 13 mg; folate 20 mcg; iron 0 mg; percent calories from fat 0%.

Makes 4 servings (1 fruit pop per serving)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.