



Try it "Tuesdays"



Apricot Pops

Makes: 8 servings— 1 pop (1/2 cup)

Nutrition Facts

Serving Size 1 pop (1/2 cup)
Servings Per Container 8

Amount Per Serving		Calories from Fat 0
Calories 35		
	% Daily Value*	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 25mg		1%
Total Carbohydrate 7g		2%
Dietary Fiber 1g		4%
Sugars 6g		
Protein 2g		
Vitamin A 20%	• Vitamin C 4%	
Calcium 6%	• Iron 2%	

Ingredients

- 1 can (15 ounces) apricots, packed in juice or light syrup
- 2 cartons (6 ounces each) of low fat, sugar free vanilla yogurt

Supplies

- 8 small paper cups
- 8 plastic spoons (for handles)

Directions

Drain apricots. Combine the drained apricots and yogurt. Blend until smooth with a blender or food processor. Pour mixture into 8 small paper cups and put in freezer. After half an hour (when they start to freeze), stand a wooden stick or plastic spoon in the pops. Freeze 3-4 hours or until pops are solid. Remove from cup to serve. Place bottom of cup under hot running water for 20 seconds. Peel off paper cup.

For more information, Contact your local EFNEP office

