



early childhood community development centre

Frozen Yogurt Pops

Ingredients - Makes 8 pops

- 1 cup plain yogurt
- $\frac{3}{4}$ cup frozen fruit juice concentrate, thawed or pureed fruit
- $\frac{3}{4}$ cup 2% milk

Directions

1. In a bowl combine yogurt, fruit juice concentrate and milk, stir to mix well
 2. Pour into 8 small paper cups, freeze until partially frozen
 3. Insert a wooden stick into the center of each, freeze until firm
 4. To serve, peel away paper cups
- * Alternatively, pour mixture into an 8-compartment plastic popsicle mold, place handles on top and freeze

Source: Better Food for kids: Your essential guide to nutrition for all children from age 2 to 6

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