



Smoothie Pops

Prep Time: 10 minutes

Freeze Time: 3-4 hours

Cost per serving: \$0.24

What you need:

Utensils:

- Knife & cutting board
- Blender
- 4 oz. paper cups
- Foil
- Craft sticks (wooden popsicle stick)
- Can opener

Ingredients:

- 8 ounces non-fat lemon yogurt
- 8 ounces crushed pineapple, in juice, undrained
- 1 large banana, sliced
- ½ pint (8 ounces) strawberries
- 1 cup ice

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash the fruit.
4. Peel and slice the bananas, and remove strawberry stems.
5. Combine all ingredients except ice into the blender and blend until smooth.
6. Add ice and pulse until smooth.
7. Fill the paper cups with the smoothie.
8. Cover the top of each paper cup with foil.
9. Place a craft stick through the foil into the center of the paper cup.
10. Place the filled cups in the freezer and chill for about 3-4 hours.



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Nutrition Facts

Serving Size 1- 4 oz. pop
Servings Per Container 10

Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	
Vitamin A 2%	Vitamin C 35%
Calcium 4%	Iron 0%