



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040
Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Creamy Orangesicles

Prep Time: 15 minutes

Freeze Time: 3-4 hours

Cost per serving: \$0.12

What you need:

Utensils:

- Medium bowl
- Measuring cups
- Stirring spoon
- Spoon
- 5 ounce paper cups or ice cube tray
- Foil
- Craft stick (wooden popsicle sticks)

Ingredients:

- 1 3 oz. package orange gelatin powder
- ½ cup boiling water
- ¾ cup skim milk
- 1 8-oz. carton fat free vanilla yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. Pour gelatin mix in a medium bowl.
3. Add boiling water to the mix and stir until well blended.
4. After mixture cools, add milk and yogurt and stir until well blended.
5. Spoon mixture into 5 ounce paper cups or ice cube tray.
6. Cover the top of each paper cup with foil.
7. Place a craft stick through the foil into the center of the paper cup.
8. Freeze the pops for several hours until firm.

Nutrition Facts

Serving Size 1 orangesicle
Servings Per Container 6

Amount Per Serving

Calories 45 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 7g 2%

Dietary Fiber 0g 0%

Sugars 7g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 0%