

Pineapple Pops

Utensils:

Medium-sized bowl
Mixing spoon
Small paper cups
Plastic wrap
Wooden Popsicle sticks
[available at craft stores]
Measuring cups

Ingredients:

2 cups plain yogurt
1/2 cup canned crushed pineapple
[packed in its own juice instead
of packed in syrup]
1 can frozen pineapple or orange-
pineapple juice concentrate,
thawed

How to Make It:

Drain the can of crushed pineapple until all the juice runs out.
Put all the ingredients in the bowl and mix together.
Spoon the mixture into the paper cups. Fill them almost to the top.
Stretch a small piece of plastic wrap across the top of each cup.
Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
Put the cups in the freezer until the mixture is frozen solid.
Remove the plastic wrap and peel away the paper cup. Enjoy!

Makes 6 servings

