

# Apricot Pops

Serves 8

## Ingredients:

- 1 can (15 ounces) apricots (packed in juice or light syrup)
- 2 cartons (6 ounces each) vanilla yogurt (low fat and sugar free)
- 8 small paper cups
- 8 wooden sticks or plastic spoons (for handles)



## Directions:

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

Source: Iowa State University Extension and Outreach, Spend Smart. Eat Smart., <https://spendsmart.extension.iastate.edu/recipe/apricot-pops/>

Nutrition Facts			
Serving Size 1 pop (1/2 cup)			
Servings Per Container 8			
Amount Per Serving			
Calories 50	Calories from Fat		
% Daily Value *			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 20mg	1%		
Total Carbohydrate 11g	4%		
Dietary Fiber 1g	4%		
Sugars 8g			
Protein 2g			
Vitamin D 6mcg	6%		
Potassium 140mg	2%		
Calcium 44mg	4%		
Iron 0mg	0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat	9	Carbohydrate 4	Protein 4



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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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