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Peachy Pops

Makes 6 servings

Ingredients:

- 2 peaches (1 1/2 cups chopped)
2/3 cup low fat vanilla yogurt
2 cups orange juice
6 paper cups
6 spoons
Aluminum foil

Directions:

- 1. Chop peaches and divide among 6 paper cups.
2. Place yogurt in medium bowl.
3. Slowly pour orange juice into yogurt, stirring until blended.
4. Pour juice mixture over peaches.
5. Place spoon in each cup.
6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds spoon in center of cup.
7. Freeze at least 4 hours.
8. To eat, peel paper cups away from pops.

Be Creative! Serve whole peaches. Make a peach parfait with yogurt and cereal. Blend peaches, banana, and milk to make a refreshing smoothie.

Nutrition Facts table with columns for Amount per serving and % Daily Value. Includes items like Total Fat, Cholesterol, Sodium, Total Carbohydrate, Protein, and Vitamins.

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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