

# **Sunshine Frothie Pops**

From the National Dairy Council

<http://www.nationaldairyCouncil.org/Recipes/Pages/Sunshine-Frothie.aspx>

## **Ingredients**

- 4-5 ice cubes
- 1 cup freshly-squeezed orange juice (juice from about 3 oranges)
- 2/3 cup fat-free milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 1/2 tsp vanilla extract

## **Instructions**

1. Add the ice to a blender container. Cover and crush.
2. Add the orange juice, milk, yogurt, honey and vanilla to a blender container. Cover and puree until smooth.
3. Freeze in popsicle molds

**Makes 2 servings**

## **Nutrition information per serving**

Calories: 150

Total Fat: 1.5g

Saturated Fat: .5g

Cholesterol: 5mg

Carbohydrates: 27g

Protein: 7g

Sodium: 80mg

