



Cranberry Peach Pops



1-800-WIC-1007

Ingredients

- 2 peaches (about 2 cups chopped)
- ½ cup plain yogurt
- 2 cups cranberry juice
- 8 5-oz. paper cups
- 8 plastic spoons or popsicle sticks
- Aluminum foil

Directions

1. Wash and chop peaches. Divide among the 8 paper cups.
2. Measure yogurt and place in a medium bowl.
3. Slowly pour orange juice into the yogurt, stirring until blended.
4. Evenly pour the juice/yogurt mixture over the peaches in the cups.
5. Cut squares of aluminum foil to cover the tops of the cups, piercing each with the spoon handle. The foil should hold the handle in place.
6. Freeze for at least four hours before serving.
7. To eat, peel away paper cups from pops.

Serves: 8 • Serving Size: 1 pop • Prep Time: 10 minutes • Freeze Time: 4 hours

Chef Tips

1. Substitute seasonal flavors:
2.
 - o **Fall:** apple cider, yogurt, chopped apples, and cinnamon
3.
 - o **Winter:** cranberry juice, yogurt, and clementine slices
4.
 - o **Spring:** white grape juice, yogurt, and strawberries
5. Use your favorite WIC juice instead
6. Use vanilla yogurt if you don't have plain

Supplies

- Measuring cups
- Cutting board
- Knife
- Liquid measuring cup
- Medium bowl
- 8 (5-ounce) paper cups
- 8 spoons
- Aluminum foil



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Nutrition Facts Per Serving: 56 Calories, 0 g Fat, 14 g Carbohydrate, 1 g Protein, 11 mg Sodium