Ice Pops

1 6-ounce can frozen fruit juice concentrate
3 cans water
1/2 cup sugar
1 cup non-fat dry milk powder

Mix fruit juice and water. Add sugar and stir until dissolved. Dissolve milk powder into the juice mixture and stir until blended. Pour in plastic popsicle molds, in small cups, or in ice cube trays. When mixture is partially frozen, insert a wooden or plastic spoon in the center of each "ice pop. Freeze until firm.

Yield: 5 ice pops cups.

Super Shake

2 cups pineapple juice, chilled
1/2 cup nonfat dry milk powder
1 teaspoon vanilla
1 pint vanilla ice cream, softened

Blend juice with milk powder. Add vanilla and ice cream and beat until smooth and frothy. Serve.

Yield: 6 servings.
Nutrition Facts

Servings Per Recipe: 5
Amount Per Serving: 1 pop
Calories 216 1% of total calories from fat
Total Fat 0g Sodium 134mg
*Vitamin A 13% *Vitamin C 89%
*Calcium 32% *Iron 1%
*Percentage Daily Values

Nutrition Facts

Servings Per Recipe: 6
Amount Per Serving: 2/3 cup (.65 cup)
Calories 164 27% of total calories from fat
Total Fat 5g Sodium 94mg
*Vitamin A 8% *Vitamin C 35%
*Calcium 20% *Iron 2%
*Percentage Daily Values