**Yogurt Popsicles**

1 (6 oz) can frozen orange juice concentrate
4 Tablespoons fruit-flavored gelatin (any flavor)

1 (16 oz) container plain yogurt
12 (3 oz) paper cups or ice cube tray
12 wooden popsicle sticks

Place frozen orange juice concentrate in a saucepan and sprinkle with any flavor fruit gelatin. Cook over low heat, stirring constantly, until gelatin dissolves. Cool. Pour yogurt into gelatin mixture and stir until smooth. Place cups together on a baking pan. Pour yogurt mixture into paper cups and cover the cups with a sheet of aluminum foil. Insert a stick for each popsicle by making a slit in the foil over the center of each cup. Freeze popsicle until firm. Run warm water on outside of cup to loosen each popsicle from the cup. If using ice cube tray, pour mixture into tray and cover tray with a sheet of waxpaper. Insert 1/2 stick into the center of each section by pushing through waxpaper into mixture. Freeze until firm.

**Fruitsicles**

Pour any fruit juice into small paper cups. Cover cups with aluminum foil. Place a popsicle stick in standing position in center of each cup (foil will hold stick in place). Put in freezer. Before serving, remove cup from popsicle.
Nutrition Facts

Servings Per Recipe  12
Amount Per Serving
Calories  49  11% of total calories from fat
Total Fat  .6g  Sodium 28mg
*Vitamin A  1%  *Vitamin C  34%
*Calcium  7%  *Iron  1%

*Percentage Daily Values

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Nutrition Facts for 4 ounces orange juice

Amount Per 4 ounce fruitsicle
Calories  56  0% of total calories from fat
Total Fat  0g  Sodium 1mg
*Vitamin A  1%  *Vitamin C  80%
*Calcium  1%  *Iron  1%

*Percentage Daily Values