

Pineapple-OJ Yosicles

Prep: 10 mins | Chill: 4 hours | Total: 4 h 10m | 8 servings | 32 calories

INGREDIENTS

- 1 cup of Orange Juice
- 1 cup of Pineapple Juice (one mini 8 oz can)
- 2 Tbsp of Greek Yogurt

DIRECTIONS

1. Mix together all ingredients in a pitcher until well blended.
2. Pour into molds; make sure to leave enough room at the top for the liquids to expand when freezing.
3. Freeze about 4 hours, or overnight.
4. Run outside of plastic mold under hot tap water to "loosen" the Popsicle before pulling out.

TIPS

- With using Greek yogurt the mixture may not be perfectly smooth & that is ok!
- Let the kids help! This is easy & simple - plus if they help, they tend to want to eat the healthy treats!
- No one said Mom (or Dad) can't have one too! Enjoy!



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