

Citrus & Cream Popsicles

INGREDIENTS

- 1¾ cups fortified orange juice
- ½ cup low-fat plain Greek yogurt
- ½ cup cubed avocado (about ½ medium avocado)
- 1 teaspoon agave nectar
- ⅛ teaspoon ground ginger

DIRECTIONS

1. Combine all ingredients in a blender and process until smooth.
2. Pour into popsicle molds, filling to the top and place popsicle sticks into each mold. Freeze for at least 8 hours.
3. When ready to eat, run popsicle mold under warm water for 10-15 seconds to help release it.



Recipe courtesy of foodandnutrition.org

Serves: 4 | Serving size: ½ cup

Nutrition Information: Calories: 107; Total fat: 3g; Saturated fat: 1g; Cholesterol: 3mg; Sodium: 14mg; Carbohydrates: 16g; Fiber: 2g; Sugars: 11g; Protein: 4g