



May 21- Orange Pineapple Popsicles

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2227109>

Recipe

Ingredients:

- 2 cups orange juice
- 1 cup fresh pineapple chunks
- ¼ cup honey

Directions:

1. Combine ingredients in blender; blend until creamy and smooth.
2. Pour mixture into Popsicle molds. Freeze for six hours, until completely solid.

Yield 6 servings

Nutrition Facts	
Serving Size 1 popsicle (137.5g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber <1g	3%
Sugars 27g	
Protein <1g	2%
Vitamin A 4%	• Vitamin C 70%
Calcium 0%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	