



## Healthy Dad Recipes

### ORANGE CREAM POPS

**Yield:** 10 ice pops

**Ingredients:**

1 package	orange gelatin (3 ounces)
1 cup	boiling water
1 cup	vanilla yogurt
½ cup	2% milk
½ tsp	vanilla extract
10	plastic cups or Popsicle molds (3 ounces each)
10	popsicle sticks for cups



**Instructions:**

- In a large bowl, dissolve gelatin in boiling water. Cool to room temperature.
- Stir in the yogurt, milk and vanilla.
- Pour ¼ cup into each cup or mold; insert Popsicle sticks.
- Freeze until firm.

**Nutritional Facts:**

1 ice pop equals 57 calories, 1 g fat (trace saturated fat), 2 mg cholesterol, 40 mg sodium, 11 g carbohydrate, 0 fiber, 2 g protein.

Recipe courtesy of [tasteofhome.com](http://tasteofhome.com)