



# MyPantry

includes dairy

## Peaches and Cream Popsicles

### Ingredients:

- 1 - 15 oz. can of peaches, drained\*
- 1 cup 1% low-fat milk (UHT)\*
- 1 cup low-fat yogurt
- 1 banana

### Directions:

1. Put all ingredients into a blender.
2. Blend until smooth.
3. Pour mixture into popsicle molds, ice cube trays, or paper cups and insert popsicle sticks or straws.
4. Freeze for a minimum of 4 hours.

\* Items typically found in food pantries





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### Nutrition Facts:

For 1/3 of recipe

Calories - 197; Total Fat – 2 g;  
Saturated Fat – 1 g; Cholesterol  
– 9 mg; Sodium – 100 mg;  
Carbohydrate – 39 g; Dietary  
Fiber – 3 g; Total Sugars – 34 g;  
Protein – 28 g; Vitamin D – 1 IU;  
Iron – 1 mg; Calcium – 257 mg;  
Potassium 591 mg

### MyPlate Food Groups:

- D** 3/4 cup Dairy
- F** 3/4 cup Fruits

*Recipe adapted from The University of Rhode Island  
SNAP-Ed You “Can” Cook cookbook.*

*Nutrition Facts generated from USDA’s SuperTracker.*



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