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
Peaches and Cream Popsicles

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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