Pineapple Pops

**Ingredients:**

- 2 cups plain lowfat yogurt
- ½ cup canned crushed pineapple (packed in own juice)
- 1 can frozen 100% pineapple or 100% orange pineapple juice concentrate, thawed
- Ice cube trays and 3 inch pieces of a round drinking straw OR
- Paper cups and popsicle sticks with rounded ends OR
- Plastic popsicle molds

**Directions:**

1. Drain the can of crushed pineapple so all the juice runs out.
2. Put all the ingredients in a medium-sized bowl and mix them together.
Spoon the mixture into the ice cube trays/paper cups/popsicle molds. Fill them almost to the top.

Stretch a small piece of plastic wrap across the top of each tray/paper cup.

Using the straw piece/popsicle stick, poke a hole in the plastic wrap. Stand the straw piece/popsicle stick straight up in the center of the cup.

Put the cups in the freezer until the mixture is frozen solid.

Remove the plastic wrap and pop out of the ice cube tray or peel away the paper cup.