

Snack

Oranges and Cream Popsicles

Side Effect: Dry Mouth

5 Mins
Prep Time

0 Mins
Cook Time

4
Servings

 **78 Calories** **0g Fat** **14g Carbs** **6g Protein**




Ingredients

 **4 Servings • 1 Popsicle Serving Size**

 **5 Mins + 2-3 Hours Freeze Time**

 **Allergens: Dairy**

1 Cup Orange Juice, **pasteurized**

1 Cup Vanilla Greek Yogurt, **pasteurized** 

½ Tsp Vanilla

1 Tbsp Sugar (optional)

Allergen Swap

Dairy Use a dairy-free vanilla yogurt (soy, coconut, almond yogurt)

Nourishment Note



Popsicles

Slow melting popsicles may be beneficial for someone with dry mouth as they may help to hydrate and lubricate the mouth.



Yogurt

Yogurt, particularly Greek yogurt is an excellent source of protein. Protein needs may be elevated when undergoing cancer treatment.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

Place the orange juice, yogurt, vanilla and sugar, if using, in the blender and blend until well mixed.

3. Pour Into Molds

Pour the mixture into the popsicle molds. Small paper cups work as well.

4. Freeze

Freeze for 2-3 hours, or until the popsicles are solid. Serve and enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Blender



Measuring Cups



Measuring Spoons



Popsicle Molds & Popsicle Sticks

Fatigue Buster

- Store popsicles in a zip-top bag in the freezer for a quick and delicious snack.