



## JAFFA YOGHURT FRUIT POPS

Makes

5

Time

2  
HOURS

Level

SIMPLE

Kcal

38  
per portion

### You will need

- 1 x Jaffa orange
- 2 x tbsp sugar
- ½ x tsp vanilla extract
- 227g low fat vanilla yogurt

### Our step by step guide

#### Step 1

Juice the Jaffa Orange

#### Step 2

Combine the Jaffa juice, yogurt, sugar and vanilla extract in a blender and process.

#### Step 3

Pour the ingredients into lolly moulds about 2/3 full. Cover with a sheet of light plastic wrap and place in freezer.

#### Step 4

When the pops are slushy (about 1 hour), slash small holes in covering and insert sticks. Freeze for about 4 hours until firm.

#### Step 5

Remove from freezer, run the mould under warm water for a few seconds. Gently tug on sticks to remove pops from mould and serve.

#### Step 6

Enjoy!

USE THE HASHTAG  
**#JAFFAJOY**

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