

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 and all cooking surfaces with soap and warm water before beginning.

### 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 Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## 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.