

**Dessert**

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# Orange Ice Cream Pops

Antoinette Ronzio  
TasteOfHome.com

**Servings: 12**

**Preparation Time: 10 minutes**

**1 cup cold milk**

**2 cups vanilla ice cream**

**1 can (6 oz) frozen orange juice concentrate, partially thawed**

**12 popsicle molds or disposable plastic cups (3 oz ea)**

**12 popsicle sticks**

In a blender, combine the milk, ice cream and orange juice concentrate.

Cover and process until smooth.

Pour 1/4 cups of the mixture into the popsicle molds or plastic cups.

Top the molds with holders or insert popsicle sticks into the cups.

Freeze until firm.

Yield: 1 dozen

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Per Serving (excluding unknown items): 72 Calories; 2g Fat (29.6% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 18mg Sodium. Exchanges: 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.