



## Orange Chocolate Ice Pop







## **INGREDIENTS**

	1 Serving	4 Servings	8 Servings	16 Servings
THICK & EASY® Thickened Dairy Chocolate, Level 2 (Nectar)   Item: 72447	1 fl oz	4 fl oz (1/2 of 8 oz carton)	1 – 8 fl oz carton	2 – 8 fl oz cartons
THICK & EASY® Thickened Orange Juice, Level 2 (Nectar)   Item: 49144	1 fl oz	1 – 4 fl oz cup	2 – 4 fl oz cups	4 – 4 fl oz cups

## **DIRECTIONS**

- 1. Combine THICK & EASY® Thickened Dairy Chocolate and THICK & EASY® Thickened Orange Juice in a large container.
- 2. Stir well to blend ingredients.
- 3. Portion into popsicle molds and freeze until solid.
- 4. Remove from freezer and unmold.
- 5. Serve immediately and enjoy!

## **NUTRITION**

Serving Size: 1 popsicle (~ 2 fl oz)

Calories: 45 Total Fat: .5g Saturated Fat: Og Trans Fat: 0g Cholesterol: <5mg Sodium: 35mg Total Carbs: 8g Dietary Fiber: Og Total Sugars: 6g Protein: 1g Calcium: 2% DV Iron: 0% DV Potassium: 0% DV