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Frosty Strawberry Pops

- 1 pint strawberries, stemmed
- 1 can (5 oz.) evaporated milk
- 3 tablespoons frozen orange, cranberry, or pineapple juice concentrate

In blender container blend all ingredients about 1 minute until smooth. Pour into eight 3 oz., wax-coated paper cups.* Place in shallow pan and insert a wooden craft stick** or plastic spoon into the center of each cup. Freeze until firm, about 4 hours. After pops are frozen they can be transferred to a reclosable plastic bag for freezer storage. To release pops from cups dip briefly into hot water up to rim of cup.

Makes 8 servings

*Cups can be found in the paper goods or soap section of most supermarkets.

** Wooden craft sticks are available in hobby shops and variety stores.

Nutritional Information: 76 calories; 2 g fat; 5 mg cholesterol; 25 mg sodium; 15g carbohydrate; 1 g fiber; 2 g protein.