

LYONS  
THICK  
& EASY®

## Orange Cream Ice Pop







# Orange Cream Ice Pop

IDDSI LEVELS  



## INGREDIENTS

	1 Serving	4 Servings	8 Servings	16 Servings
<b>THICK &amp; EASY® Thickened Dairy Original, Level 2 (Nectar)</b>   Item: 24739	1 fl oz	4 fl oz (1/2 of 8 oz carton)	1 – 8 fl oz carton	2 – 8 fl oz cartons
or				
<b>THICK &amp; EASY® Thickened Dairy Original, Level 3 (Honey)</b>   Item: 41805				
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<b>THICK &amp; EASY® Thickened Orange Juice, Level 2 (Nectar)</b>   Item: 49144	1 fl oz	1 – 4 fl oz cup	2 – 4 fl oz cups	4 – 4 fl oz cups
or				
<b>THICK &amp; EASY® Thickened Orange Juice Level 3 (Honey)</b>   Item: 32192				

## NUTRITION

Serving Size:  
1 popsicle (~ 2 fl oz)

**Calories:** 40  
**Total Fat:** .5g  
**Saturated Fat:** 0g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 30mg  
**Total Carbs:** 8g  
**Dietary Fiber:** 0g  
**Total Sugars:** 5g  
**Protein:** 1g  
**Calcium:** 2% DV  
**Iron:** 0% DV  
**Potassium:** 2% DV

## DIRECTIONS

1. Combine **THICK & EASY® Thickened Dairy** 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!

## RECIPE NOTES

Make sure to combine the same consistency of the thickened orange juice and thickened dairy for desired IDDSI level.