


**THICK
& EASY**

Orange Cream Ice Pop





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IDDSI LEVELS  



INGREDIENTS

	1 Serving	4 Servings	8 Servings	16 Servings
THICK & EASY® Thickened Dairy Original, Level 2 (Nectar) 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				
THICK & EASY® Thickened Dairy Original, Level 3 (Honey) Item: 41805				
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
or				
THICK & EASY® Thickened Orange Juice Level 3 (Honey) 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.