



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Pear & Strawberry Creamsicles

Ingredients

5 ounces ($\frac{1}{2}$ cup + 2 tablespoons) Pacific Northwest Canned Pears, diced, in light syrup, drained, juice reserved
5 ounces ($\frac{1}{2}$ cup + 2 tablespoons) finely diced strawberries
4 ounces ($\frac{1}{2}$ cup) reserved pear juice
5 ounces ($\frac{1}{2}$ cup + 2 tablespoons) plain low-fat yogurt
1- $\frac{1}{4}$ teaspoons chia seeds
1- $\frac{1}{4}$ teaspoons vanilla extract

Servings

6 servings

Nutrition

Calories: 55
Total Fat: .80g
Saturated Fat: .25g
Cholesterol: 1mg
Sodium: 19mg
Carbohydrate: 10g
Fiber: 1g
Sugar: 8g
Protein: 2g
Calcium: 55mg
Iron: .27mg

Method

Mix all ingredients in a bowl. Let sit for 30 minutes to allow the chia seeds to expand.

Pour mixture into six 3-ounce popsicle molds and place in freezer. Freeze 4 to 6 hours before removing from the molds to serve.