**INGREDIENTS**
- 1¾ cups fortified orange juice
- ½ cup low-fat plain Greek yogurt
- ½ cup cubed avocado (about ½ medium avocado)
- 1 teaspoon agave nectar
- ½ teaspoon ground ginger

**DIRECTIONS**
1. Combine all ingredients in a blender and process until smooth.
2. Pour into popsicle molds, filling to the top and place popsicle sticks into each mold. Freeze for at least 8 hours.
3. When ready to eat, run popsicle mold under warm water for 10-15 seconds to help release it.

**Serves:** 4  |  **Serving size:** ½ cup  
**Nutrition Information:** Calories: 107; Total fat: 3g; Saturated fat: 1g; Cholesterol: 3mg; Sodium: 14mg; Carbohydrates: 16g; Fiber: 2g; Sugars: 11g; Protein: 4g