

Disney · PIXAR  
**FINDING  
DORY**

## NEMO POPS

Servings: 2

### INGREDIENTS:

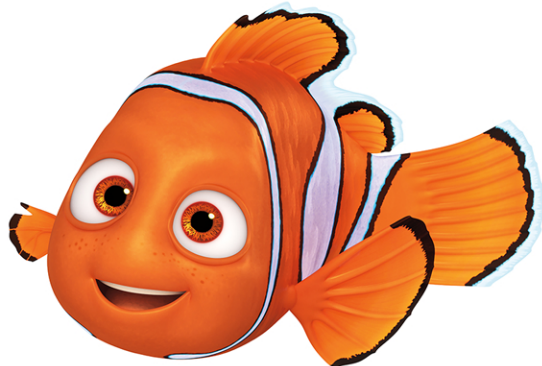
- 2 1/2 cups frozen mandarin oranges
- 1/2 cup 100% orange juice
- 2 cups nonfat vanilla Greek yogurt

### MATERIALS:

- 10 ice pop molds with sticks

### DIRECTIONS:

- In a blender, combine the mandarin oranges and orange juice and blend until the consistency of applesauce. If too thick, add a bit more orange juice and blend once more. Set aside.
- To make the Nemo Pops, fill ice pop molds about 1/4 of the way up with fruit puree, then layer with yogurt to make Nemo's stripes; repeat layering until the molds are full. Kids can help make the stripes.
- Insert the sticks and freeze the ice pops for at least four hours. Ice pops can be stored in the freezer up to 1 week.
- When ready to eat, run warm water on the outside of the molds for about 10 seconds to remove the Nemo Pops. Enjoy immediately!



The Mickey Check is a quick and easy way for families to identify healthier food options. The Mickey Check can be found in stores, online, on-air, at Disney theme parks, and other places where Disney products are sold. Foods and recipes that feature the Mickey Check meet Disney Nutrition Guidelines, which are continually updated to remain best in class to contribute to a nutritious diet.



Learn more at  
DisneyMickeyCheck.com