

PROTEIN POPSICLE

CHOCOLATEY, HIGH PROTEIN, LOW SUGAR, PERFECT ON-THE-GO BREAKFAST,
SNACK, OR DESSERT. A DELICIOUS TREAT THAT WILL FILL YOU UP,
AND YOU WON'T FEEL GUILTY ABOUT IT!

PREP TIME: 5 MINUTES MINS
FREEZE: 30 MINUTES MINS
TOTAL TIME: 35 MINUTES MINS
COURSE: BREAKFAST, DESSERT
CUISINE: AMERICAN
SERVINGS: 10 POPSICLES
CALORIES: 91K CAL

INGREDIENTS:

1 BANANA
½ CUP VANILLA GREEK YOGURT
¼ CUP PEANUT BUTTER
1 CUP MILK (ALMOND MILK OR SOY IS GREAT TOO)
2 SCOOPS CHOCOLATE PROTEIN POWDER

TOPPINGS:

DICED STRAWBERRIES, BLUEBERRIES, GRANOLA, SHREDDED COCONUT,
DARK CHOCOLATE CHIPS

INSTRUCTIONS:

ADD ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH.
POUR INTO MOLDS AND LET FREEZE 30-40 MINUTES. REMOVE FROM FREEZER ADD DESIRED
TOPPINGS AND POPSICLE STICK.
RETURN TO FREEZER AND ALLOW TO FREEZE UNTIL COMPLETELY SOLID. RUN POPSICLES
BOTTOM UNDER HOT WATER FOR A FEW SECONDS TO REMOVE POPSICLES FROM MOLD
WITH EASE.

