

# Banana Cocoa Yogurt Pops

July 2024 Recipe

Makes: 4 servings



## Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 tsp. cocoa powder
- 1 ice cube tray (or paper cups)

### Nutritional information for 1 serving

Calories	79
Total fat	1 g
Saturated fat	1 g
Cholesterol	3 mg
Sodium	41 mg
Carbohydrate	15 g
Dietary fiber	1 g
Total sugars	12 g
Added sugars included	4 g
Protein	3 g

## Directions

1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).
5. Freeze.