

Dessert

Banana Pops

Taylor Smith

Taste of Home Website

Servings: 6

Preparation Time: 10 minutes

1 cup vanilla yogurt

1/2 cup orange juice

1 medium ripe banana, cut into chunks

6 Popsicle molds or paper cups (3 ounces each)

6 Popsicle sticks

In a blender, combine the yogurt, orange juice and banana.

Cover and process until smooth.

Pour into the plastic molds or paper cups.

Top with holders or insert Popsicle sticks into the cups.

Freeze.

Per Serving (excluding unknown items): 34 Calories; 1g Fat (35.4% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 19mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.