

Banana Strawberry Pops

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Servings: 10

1/2 cup fat-free milk
1/2 cup orange juice
2 tablespoons honey
1 pint fresh strawberries, hulled
1 medium ripe banana, cut into chunks
10 popsicle molds (or three-ounce paper cups)
10 popsicle sticks

Preparation Time: 10 minutes

In a blender, combine the milk, juice, honey, strawberries and banana. Cover and process until blended.

Fill each mold or cup with 1/4 cup of the strawberry mixture.

Top with the holders or insert sticks into the cups.

Freeze until firm.

Per Serving (excluding unknown items): 27 Calories; trace Fat (3.7% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	27	Vitamin B6 (mg):	trace
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	92.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	12mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 1mg
Potassium (mg): 76mg
Calcium (mg): 6mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 23mg
Vitamin A (i.u.): 33IU
Vitamin A (r.e.): 7RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 27 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	7g	2%
	Dietary Fiber 1g	3%
Protein	trace	

Vitamin A	1%
Vitamin C	38%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.