

**Dessert**

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# **Banana Strawberry Pops**

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Taste of Home Website

**Servings: 10**

**Preparation Time: 10 minutes**

**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 paper cups (3 oz ea)**

**10 popsicle sticks**

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 holders or insert sticks into the cups.

Freeze.

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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.