

Banana-Berry Ice Pops

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Servings: 8

- 1/2 banana*
- 1 cup almond milk*
- 5 ounces (1 heaping cup) blueberries*
- 1 tablespoon agave syrup or honey (optional)*

In a blender, combine the banana, milk, blueberries and, if desired, the agave syrup.

Blend until smooth.

Fill eight to ten ice-pop molds.

Freeze until firm (about four hours or overnight).

Per Serving (excluding unknown items): 58 Calories; trace Fat (5.3% calories from fat); 1g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 Fruit.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	58	Vitamin B6 (mg):	.1mg
% Calories from Fat:	5.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	15g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	6mg	Vegetable:	0
Potassium (mg):	110mg	Fruit:	1
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0

Zinc (mg): trace
Vitamin C (mg): 12mg
Vitamin A (i.u.): 97IU
Vitamin A (r.e.): 9 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 58 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	3g	10%
Protein	1g	
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Vitamin A		2%
Vitamin C		21%
Calcium		1%
Iron		1%

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