

**Dessert**

---

# **Peanut Butter 'N Banana Ice Pops**

www.peanutbutter.com

**Servings: 4**

**Preparation Time: 10 minutes**

**Chill: 4 hours**

**1/4 cup Skippy creamy peanut butter**

**1/2 cup nonfat vanilla yogurt**

**1/4 cup fat-free milk**

**1 medium banana, chopped**

In a medium bowl with a fork, blend the peanut butter with the yogurt.

Stir in the milk and banana.

Evenly spoon into four 4-ounce wax-coated paper cups.

Insert a plastic spoon or wooden stick in the center of each pop.

Freeze for four hours or until firm.

To serve, peel off the paper cups.

---

Per Serving (excluding unknown items): 53 Calories; trace Fat (3.0% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 20mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.