



BANANA POPS

Makes 4 servings

Serving Size: 1 pop

Ingredients

- 1 package (3.4-ounce) instant banana pudding mix
- 2 cups skim milk
- 1 banana, cut into pieces

Directions

- Combine pudding mix and milk.
- Add cut up banana into pudding into pudding and blend evenly.
- Spoon enough pudding mixture into small, paper cups to fill $\frac{2}{3}$ full.
- Tap cups lightly on the counter to remove air pockets.
- Insert plastic spoon or popsicle stick into center of each pudding cup.
- Freeze until firm and enjoy!

Nutrition Information Per Serving

165 Calories, Total Fat 0.5g, Saturated Fat 0g, Protein 4g, Total Carbohydrate 36g, Dietary Fiber 1g, Sodium 320mg, Good source of calcium.

