

# COOKING FOR WELLNESS

## Peanut Butter Banana Pops

### Ingredients

- 2 cups frozen sliced bananas
- ½ c powdered peanut butter
- 1 cup vanilla Greek yogurt

### Instructions

1. Blend all ingredients until smooth
2. Divide out into popsicle mold or ice cube tray
3. Freeze for 3 hours



### Nutrition Information

1 pop (or 2 cubes)

149 calories, 23 gm carb, 1.5 gm fat, 12 gm protein, 16 gm sugar



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