

Peanut Butter and Banana Yogurt Pops

INGREDIENTS

- 3 bananas
- 1/2 cup creamy peanut butter
- 1 cup low-fat plain yogurt
- 2 tablespoons honey, optional

TIME: 30 MINUTES +
OVERNIGHT
SERVINGS: 8



Adapted from:
homecookingmemories.com



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. In a bowl, using a fork or spoon, mash bananas until a smooth consistency.
2. Add peanut butter and yogurt to the banana and mix until well combined.
3. Taste test mixture and add honey, if desired.
4. Divide mixture into 8 paper cups.
5. Freeze until half-frozen, about 60 minutes. Put a popsicle stick into the center of each cup.
6. Freeze overnight. Peel away the paper to eat the yogurt pop.

Note:

- You can also use small cups, glasses, or freezable popsicle molds to freeze the pops.

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