

# Banana Cocoa Yogurt Pops

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/myplate-cnpp/banana-cocoa-yogurt-pops>

## Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 teaspoons cocoa powder
- 1 ice cube tray (or paper cups)
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## Instructions

1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 4 small paper cups (or 8 mini muffin cups) and insert popsicle sticks or cut paper straws.
5. Freeze.
6. Enjoy as a frozen treat!

**Makes 4 servings**

## Nutrition information per serving

Calories: 79	Dietary Fiber: 1g
Total Fat: 1g	Sodium: 41mg
Saturated Fat: 1g	Protein: 3g
Cholesterol: 3mg	Carbohydrates: 15g