

THE DIETITIANS NETWORK OF NOVA SCOTIA

Banana Chocolate Popsicles

These crowd-pleasing popsicles are a great addition to any summer event.

Recipe Name:	Banana Chocolate Popsicles
Recipe By:	Adapted from todaysparent.com by Antonia Harvey P.Dt
Short description of recipe:	With only 105 kcal, less than 1g fat, and 9g added sugar per popsicle*, this recipe is a great alternative to other high sugar, high fat treats found in your grocery store's freezer section.
Serves	8 to 10
Ingredients:	2 very ripe bananas, peeled and broken into large pieces 2 cups of skim milk 1 package of instant chocolate pudding mix 1/4 cup cocoa powder Popsicle molds
Instructions:	1. Combine all ingredients in a blender or food processor and blend until smooth. 2. Pour into popsicle molds and freeze until solid (usually at least 8 hours). *Nutrition information based on a yield of 8 popsicles.