

Beat The Heat

Here is a great recipe I made last summer.
It's easy to make and the kids will love helping you make it!

What you will need:

Blender
2 small ripe Bananas
6 oz of frozen berries
2 cups non-fat plain greek yogurt
1 Scoop whey natural vanilla protein powder or you can use rice protein.
1 cup Coconut milk or almond milk
1 teaspoon of stevia or 2 teaspoons of honey
Paper cups
Popsicle sticks

Directions:

Peel and slice your banana and add all the ingredients except the stevia/honey. Blend it on a low setting until really smooth.
Taste it – if it seems sweet enough omit the sweetener.
Divide the mixture between the paper cups – you want about 4 ounces in each.

Place the pops in the freezer for 10 minutes, and then gently poke a Popsicle stick into the center of each one.

Place back in the freezer for at least 2 to 3 hours, or until frozen solid.
When ready to eat peel the paper cup off the yummy frozen treat and eat!

Enjoy!

