

Banana, Cocoa, Yogurt Pops

1 cup low-fat vanilla yogurt

1 medium banana

2 teaspoons cocoa powder

Paper cups

Popsicle sticks

Mash banana with a fork. Mix banana and yogurt well. Stir in cocoa powder. Divide into four small paper cups (or 8 mini muffin cups) and place a popsicle stick in the center of each.

Freeze until firm. Enjoy!

Yield: 4 servings

Nutrition information per serving: 79 calories, 1g fat, 41 mg sodium, 15 g carbohydrates, 1 g fiber, 3 g protein