

Chocolate Banana Protein Popsicles

- 1 1/4 cups Silk Light Chocolate Soy Milk
- 3 scoops Optimum Nutrition - Whey Protein Gold Standard 100% Double Rich Chocolate (but any chocolate flavored protein will do)
- 1 Large ripe banana (The banana makes it nice and creamy)

Blend all the above in a blender. Pour into Molds and Freeze.

These exact measurements will make enough for 5 Popsicle molds.

Nutritional Info per serving (5 servings)

Calories - 116

Total Fat - 1g

Potassium - 162mg

Carbs - 11g

Sugars - 7g

Protein - 15g

Iron - 4%

Calcium - 17%