

Raspberry Banana Protein Popsicles

- 2 cups of Silk Soy Milk Light
- 3 scoops Strawberry Banana Protein Powder (but you can use Vanilla)
- 1 6oz package of fresh raspberries
- 1 Large ripe banana

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

These exact measurements will make enough for the 6 Popsicle molds, plus some extra to drink. Altogether it makes enough for about 8 molds, so 8 servings.

Nutritional Info per serving (8 servings)

Calories – 82

Total Fat – 1g

Potassium – 213mg

Carbs – 8g

Sugars – 4g

Protein – 11g

Vitamin C – 11%

Calcium – 18%