



Banana Split Freezies



1/6 of recipe (1 bite): 112 calories, 4g total fat (2g sat. fat), 19mg sodium, 15g carbs, 1g fiber, 9.5g sugars, 5g protein

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Prep: 10 minutes
Freeze: 3 hours



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Ingredients

- 1/2 cup fat-free plain Greek yogurt
- 1/4 cup vanilla protein powder
- 1 1/2 cups light whipped topping (thawed from frozen)
- 2/3 cup (about 1 medium) chopped banana
- 1 1/2 tsp. light chocolate syrup
- 1/2 oz. (about 2 tbsp.) chopped peanuts
- 6 maraschino cherries

Directions

In a medium bowl, thoroughly mix yogurt with protein powder. Add whipped topping and banana, and mix until uniform.

Distribute mixture among the cups of a [6-cup silicone muffin pan](#) (or 6 cups of a standard muffin pan lined with liners).

Top evenly with remaining ingredients. Lightly cover with foil and freeze until firm, at least 3 hours

MAKES 6 SERVINGS

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