



## Tropical Fro Yo Pops



1/6th of recipe (1 pop): 78 calories, 0.5g total fat (0.5g sat. fat), 21mg sodium, 14g carbs, 1g fiber, 10g sugars, 4.5g protein

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**Prep:** 10 minutes

**Freeze:** 3 hours



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### Ingredients

- 1 cup sliced banana
- 1 cup fat-free plain Greek yogurt
- 1 cup crushed pineapple packed in juice, lightly drained
- 2 packets natural no-calorie sweetener
- 1/4 tsp. coconut extract
- 1/8 tsp. vanilla extract
- 1 1/2 tbsp. unsweetened shredded coconut

### Directions

Combine all ingredients *except* shredded coconut in a food processor or blender. Blend until completely smooth and uniform, stopping and stirring if needed.

Add shredded coconut, and stir until uniform.

Evenly distribute mixture into a 6-piece popsicle mold set, leaving about 1/2 inch of space at the top. (Pops will expand as they freeze.)

Insert popsicle handles. Freeze until solid, at least 3 hours.

#### MAKES 6 SERVINGS

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