



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 10 minutes

Freeze: 3 hours



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.