

CHOCOLATE BANANA PROTEIN POPS



LifeShape Clinic

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INGREDIENTS

2 ripe bananas
1.5 tablespoons peanut or almond butter
¼ cup chocolate protein powder
1 cup almond milk
½ teaspoon ground cinnamon

METHOD

1. Combine bananas, nut butter, protein, milk, and cinnamon well in a high speed blender.
2. Pour mixture into popsicle moulds with sticks and place in freezer a minimum of 4 hours until frozen!

6
SERVES

Nutrition Guide

PER SERVE

Energy (cal)	98cal
Protein	4.4g
Fat	4.6g
Saturated Fat	0.7g
Carbohydrate	9g
Sugar	6g
Sodium	41mg
Fibre	1.5g

RECIPE VARIATION

1200

Snack Requirement: 70 - 100 cal
Meets Requirements: Yes
Total Meal Calories: 98 cal

1500

Snack requirement: 120 - 150 cal
Meets requirements: No
Recommendations: Increase nut butter to 2.5 table-
spoons
Total meal calories: 122 cal

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