

Recipe: Avocado-Green Tea Popsicle



INGREDIENTS

- 1 avocado (halved, pitted)
- 1 banana (peeled, roughly chopped)
- 1 cup fat-free milk
- 1/2 cup fat-free, plain Greek yogurt
- 1 tablespoon green tea matcha powder
- 1 tablespoon honey

DIRECTIONS

1. Halve the avocado and remove the pit. Spoon the avocado's flesh into a food processor or blender. Add the chopped banana, milk, yogurt, matcha powder, and honey.
2. Purée until mixture is smooth.
3. Carefully pour mixture into 6 (4-ounce) popsicle molds. Insert popsicle sticks and freeze until firm, at least 8 hours.
4. Place the outside of the popsicle mold under warm running water to easily remove popsicle from the mold.

Nutrition per serving: Servings 6. Calories 106; Total Fat 5 g; Saturated Fat 1 g; Sodium 27 mg; Total Carbohydrate 13 g; Dietary Fiber 3 g; Protein 4 g.