

# Summer Popsicles

## Banana Fudgsicle

- 1 ripe banana
- 5-6 tbsp unsweetened cocoa powder
- 1 scoop vanilla Wellness Whey Protein
- 1 ½ cups canned coconut milk
- 1 tsp vanilla

## Peaches and Cream Popsicle

- 3 ripe peaches, peeled and cut into chunks
- 1 scoop vanilla Wellness Whey Protein
- ¼ cup canned coconut milk or heavy cream
- 1 tsp vanilla



### For both recipes follow these directions:

1. Blend all ingredients together
2. Pour into popsicle molds or Dixie cups (use a popsicle stick for a handle)
3. Freeze until solid, approximately 3 hours depending upon the size of your mold/cup
4. Serve to people you love



**Nutritional  
Weight & Wellness**