



Peanut Butter Fudge Pops

Ingredients

- 1 1/4 cups whole milk Greek yogurt
- 1/4 cup creamy peanut butter
- 2 TBSP honey or maple syrup
- 2 TBSP cacao powder
- 1/4 cup semi sweet chocolate chips

Directions:

1. In a bowl, mix 3/4 cup yogurt with creamy peanut butter and 2 TBSP of sweetener; Set aside
2. In a separate bowl; Mix 1/2 cup yogurt with cacao powder
3. Melt 1/4 cup chocolate chips in 10-15 second intervals in the microwave; Pour melted chocolate chips in chocolate yogurt mixture
4. Layer peanut butter yogurt mixture and chocolate yogurt mixture in popsicle molds; Insert one popsicle stick into each mold
5. Freeze for about 6 hours, or until completely frozen; Enjoy!

Cookware needed:

- Popsicle molds
- Popsicle sticks
- 2 medium bowls
- 1 small bowl

Cost: \$

Ease: 

Health Benefit: Yogurt is a great source of protein and calcium to support strong bones and stabilize blood sugar. Peanut butter and chocolate contain healthy fats to keep you fuller for longer.