



**Product: Once Again Smooth Almond Butter with Omega-3**



### **Banana Almond Butter Pops (Freeze Pops!)**

from Healthy Recipe Mom, Lisa

**PREHEAT:** None

**PANS/EQUIPMENT:** Popsicle Molds, blender

**PREP TIME:** 10 minutes

**COOK TIME:** None, but 4-5 hours in the freezer!

**NUMBER OF SERVINGS:** 4-8, depending on the size of your molds

**3 Bananas**

**1/4 cup Once Again Smooth Almond Butter with Omega-3**

**1/3 cup vanilla almond milk**

Place all ingredients in blender and puree until smooth. Pour into molds. Freeze 4 hours or overnight until frozen. Serve cold!

**OPTIONS:** Use rice milk or plain almond milk in place of vanilla almond milk. Lisa says "I didn't think about it until it was too late but I could have added some Amazing Grass, chocolate superfood."

**FAMILY COMMENTS:** "Tastes like frozen banana!"

**RECIPE SOURCE:** This recipe was taken from weelicious.com

**2 FOOD COLORS:** White, brown

**2 FOOD GROUPS:** Fruits, nuts