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Mocha Pops

Prep Time: 40 min. Cook Time 0 min.

Servings: 6 Servings

Serving Size: 1 pop

Ingredients

1-1/4 cups brewed coffee, hot (decaf or regular)

1/3 cup pitted dates

1 cup plain Greek or Skyr yogurt

2 scoops protein powder of choice

3 tbsp cocoa powder

1 tsp vanilla extract

1 tsp cinnamon

Directions

1. Place hot coffee and dates in a blender and let sit for 30 minutes. Add yogurt, protein powder, cocoa powder, vanilla, and cinnamon to blender container and blend until smooth.

2. Evenly distribute mixture into popsicle molds, filling each about three-quarters full. Insert sticks and freeze for about 8 hours.

3. To unmold popsicles, run the mold under warm water for a few seconds, being careful not to thaw the pops.