



Coconut Protein Popsicle

Ingredients:

- 1 cup Greek yogurt
- 1 scoop Vanilla Ice Cream Syntha-6 Isolate
- 1/3 cup unsweetened shredded coconut
- 1/2 banana
- 1/2 tbsp Stevia
- 1 tsp coconut extract

Directions:

1. Blend all ingredients.
2. Fill two Popsicle molds.
3. Freeze for 30-40 minutes.

Nutrition Facts Per Serving:

Recipe serves 2
Calories 435
Fat 30.5 g
Carbohydrates 46.4 g
Protein 20.4 g