

# Chocolate Pudding Popsicles®

In my search for healthier summer treats for my daughters, I came up with this recipe.

Recipe by Susana Campos | Created on **Nov 14, 2021**

## Ingredients

- ¾ cup milk chocolate chips
- ½ cup milk
- 3 tablespoons unsweetened cocoa powder
- 1 tablespoon white sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 avocado
- 1 banana

## Directions

- Combine chocolate chips, milk, cocoa powder, sugar, cinnamon, and vanilla extract in a saucepan over low heat; stir until all ingredients are melted and combined, about 5 minutes.
- Place avocado and banana in blender; blend until smooth. Add chocolate mixture into the puree; blend until the mixture is the consistency of pudding, about 5 minutes. Pour the pudding into ice pop molds, and place into freezer until firm, about 3 hours.

## Nutrition Facts

Serving: **4 popsicles** | Calories: **313.5 kcal** | Carbohydrates: **37 g** | Protein: **5.2 g** | Saturated fat: **8.1 g** | Cholesterol: **12.9 mg** | Sodium: **69.7 mg** | Fiber: **5.6 g** | Sugar: **25.4 g**

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