Chilly Banana Pops

Make a cool and refreshing snack this summer with bananas and your favorite toppings. These pops are a great way to use extra bananas and get children helping in the kitchen.

Chilly Banana Pops (12 servings)
Ingredients:
- 3 large bananas
- 1 carton low-fat Greek or regular flavored yogurt
- 1 cup semi-sweet chocolate chips, melted
- Popsicle sticks

Garnishes: (optional)
- Dry cereal or granola
- Crushed graham crackers
- Toasted shredded coconut
- Chopped nuts
- Colored sprinkles
- Chopped dried or fresh fruit

Directions:
Peel and cut each banana into four chunks. Insert a Popsicle stick into each banana chunk. Place on a cookie sheet lined with wax or parchment paper and freeze for about 30 to 60 minutes.

Remove the bananas from the freezer and dip, one banana at a time, into either the yogurt or melted chocolate, making sure the banana is completely covered. Roll or sprinkle the coated banana in a garnish, if desired. The finished bananas can be eaten immediately or placed back on the baking sheet and frozen.

Once completely frozen, the bananas can be stored in a covered container, for about one week.

Author: Carol Schwarz, MS, RD, Extension Educator, UNL Extension in Buffalo County.
Questions, contact: Cami Wells, MS, RD, Extension Educator, UNL Extension in Hall County; Email: cami.wells@unl.edu

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