

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.

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