

LiveWell

Frozen banana pops

Yield: 4 servings



Ingredients:

- 2 large bananas
- 1 cup strawberry non-fat greek yogurt
- 1 cup crispy rice cereal or 1 ounce freeze-dried fruit (slightly crushed)
- 4 wooden treat or craft sticks

Directions:

1. Peel bananas and cut in half, crosswise.
2. Carefully poke a wooden stick into the cut end of each banana half.
3. Place yogurt in shallow bowl. Roll each banana half in yogurt, then sprinkle with crispy rice cereal or freeze-dried fruit.
4. Put banana halves on cookie sheet and place in freezer.
5. Freeze bananas about 2 hours or until hard. Keep frozen until ready to serve.

Nutrition information per serving:

Calories: 110

Fat: 0 grams

Saturated fat: 0 grams

Cholesterol: 0 mg

Sodium: 75 mg

Carbohydrates: 25 grams

Fiber: 2 grams

Protein: 5 grams

Food exchanges:

1 fruit, ½ carbohydrate,

½ milk