

FROZEN BANANA POPS

12 Servings

INGREDIENTS

6 bananas, cut in half horizontally
12 popsicle sticks
1 cup yogurt or pudding
toppings of choice

DIRECTIONS

1. Cut bananas in half and insert popsicle stick on the cut end.
2. Lay banana pieces on a cookie sheet and freeze.
3. Once frozen, store banana pieces in a freezer bag/ covered container in the freezer.
4. When ready to eat, dip each banana in a bowl of yogurt or pudding.
5. Sprinkle with toppings as desired, and serve.



TOPPING IDEAS

dry cereal	sunflower seeds
granola	chia seeds
chocolate chips	hemp hearts

**Thank you to
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