

## Banana Yogurt Pops

Serves 4

### Ingredients:

- 2 large bananas, cut in half crosswise
- ½ cup low-calorie, low-fat strawberry or vanilla yogurt
- 4 graham cracker squares (2 full sheets), crushed
- 4 small popsicle sticks



### Directions:

1. Insert a popsicle stick into the cut side of each banana until bananas are secure on the sticks.
2. Pour the yogurt and graham cracker crumbs into shallow bowls or paper plates.
3. Roll each banana in the yogurt, coating completely (use a spoon to help spread yogurt on the bananas if needed).
4. Quickly roll each banana in the cracker crumbs, sprinkling crumbs on with your fingers if needed to fully coat the banana.
5. Place the bananas on a small cookie sheet or paper plate covered with aluminum foil and place in the freezer for about 30 minutes to set the yogurt and firm up the bananas.
6. Remove from freezer and enjoy as you would an ice-cream bar or popsicle.



#### **Try this!**

This is a great snack to share with grandkids! Let them help you dunk and roll the bananas, then enjoy this tasty and healthy treat together. Also, if strawberries are in season, you could use them in this recipe by cutting off the tops, inserting a toothpick into the cut side, then roll in yogurt and graham cracker crumbs (or even cereal crumbs) as you do with the bananas, and freeze to set. Yum!

#### **Estimated Nutrition Facts per serving:**

**100** calories  
**1 g** total fat  
**0 g** saturated fat  
**22 g** carbohydrate  
**2 g** protein  
**2 g** fiber