



March 6- Banana Crunch Pops

Smart Snack

Link: <http://www.bhg.com/recipe/fruit/banana-crunch-pops/>

Recipe

Ingredients:

- 2/3 cup fat-free yogurt (any flavor)
- 1/4 teaspoon ground cinnamon
- 1 cup granola with dried fruit
- 4 flat wooden sticks
- 2 medium bananas, halved crosswise

Directions

1. Line a large baking sheet with waxed paper; set aside.
2. Place yogurt in a small shallow dish; stir in cinnamon. Place granola in another small dish.
3. Insert a wooden stick into each banana piece. Roll banana pieces in yogurt mixture, completely covering each piece of banana. Roll in granola to coat.
4. Place on baking sheet. Freeze about 2 hours or until firm.
5. Before servings, let stand at room temperature for 10 to 15 minutes.

Yield 4 servings

Nutrition Facts

Serving Size 1 pop
Servings Per Container 4

Amount Per Serving

Calories 180 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 16g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 10%

Calcium 8% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.