

Banana Jungle Pops

Frozen bananas on a stick!

 Level: Easy

Makes: 12

Kids' Tool Kit

Knife
Cutting board
Baking sheet
Measuring cups
Measuring spoons
Rolling pin
Tall narrow glass
Wooden skewers
Wooden spoon
Waxed paper

Chef's Choice

Banana Jungle Pops
Low fat milk

Ingredients:

6 whole bananas
3/4 cup peanut butter (creamy or chunky)
3/4 cup chocolate chips
2 tablespoons vegetable oil
2 cups crushed crisp rice cereal



Directions:

Remember to wash your hands!

1. Peel and cut bananas in half, crosswise. Insert wooden skewer or popsicle stick in cut ends. On a baking sheet lined with waxed paper, place bananas and freeze until firm, or about 2 hours.
2. Melt peanut butter, chips and oil in a tall, narrow glass in microwave 1 to 2 minutes, stirring after each minute of cooking. Spread crushed cereal on waxed paper.
3. Dip each frozen banana in chocolate mixture, coating evenly. Immediately roll in crushed cereal. Freeze again about 30 minutes before eating. For longer storage, wrap each banana in aluminum foil.



Helpful Hints: If you don't have a microwave, melt peanut butter, chips and oil in a heavy saucepan over low heat, stirring frequently, so the mixture does not burn.

An easy way to crush the cereal is to put it in a zip-type plastic bag and let kids either crush it with their hands or use a rolling pin.



Safety Tips: The melted chocolate mixture is hot, so instruct kids to use a dry hot pad to remove it from the microwave or stovetop. It's hard for small hands to hold the glass with one hand and dip the banana with other hand. Encourage working in pairs while dipping the banana and rolling in cereal.

Nutrition Facts

Serving Size 1 (102g)	
Servings Per Container 12	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	19%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	13%
Sugars 20g	
Protein 6g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.