

Banana Jungle Pops

Frozen bananas on a stick!

12 servings

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: **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.

Nutrition Facts: One serving provides 250 calories, 14g total fat, 0mg cholesterol, 130mg sodium, 30g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
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www.kidsacookin.ksu.edu

Chef's Choice
Banana Jungle Pops
Low Fat Milk

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