

# FROZEN BANANA POPS

*Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 6 (Serving= 1 pop)*

## Nutrition (per serving)

Calories: 174	Total Carbohydrate: 24
Total Fat: 8 g	Dietary Fiber: 2 g
Saturated Fat: 3 g	Protein: 4 g
Sodium: 36 mg	

## Ingredients

- 3 bananas
- 6 popsicle sticks
- ¼ cup natural peanut butter, softened
- ¼ cup mini chocolate chips, raisins, peanuts, or walnuts

## Directions

1. Peel bananas and cut in half. Push a popsicle stick through the cut end of each half.
2. Spread peanut butter on the bananas to coat completely.
3. Place chocolate chips or other toppings on a plate. Roll bananas until evenly coated.
4. Wrap bananas in waxed paper and place in freeze for three hours. Thaw bananas for at least ten minutes prior to eating.