

# Breakfast Banana Popsicles



MEDAVIE



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**Recipe makes:** 4 servings (1 popsicle per serving)

**Preparation time:** 2 hours and 10 minutes (10 minutes active preparation, 2 hour freeze time)

**Cook time:** 0 minutes

**Equipment:** one set of measuring spoons, one 23 \* 16.5 cm (9 \* 6.5-inch) baking tray, wax or parchment paper, two plates, one medium bowl, one knife, four popsicle sticks

## **What you need to make this recipe:    How to make Breakfast Banana Popsicles:**

- 2 tablespoons granola
  - 1 tablespoon semisweet chocolate chips
  - 3 tablespoons vanilla or plain low-fat yogurt
  - 2 medium ripe bananas
  - Low-sugar chocolate syrup (optional)
  - Sprinkles (optional)
1. Line the baking tray with wax or parchment paper.
  2. Spread the granola and chocolate chips evenly on one plate.
  3. Put the yogurt in a bowl.
  4. Peel the bananas. Cut them in half widthwise on a plate. Insert a popsicle stick halfway into the cut end of each banana half.
  5. Dip one banana half into the yogurt. The banana should be evenly covered in yogurt.
  6. Roll the banana half in the granola and chocolate chips. If needed, gently press the granola and chocolate chips onto the banana using your hands.
  7. If using the chocolate syrup and/or sprinkles, top the banana popsicle with the desired amount.
  8. Put the banana popsicle on the prepared baking tray.
  9. Repeat Step 5 to 7 for the remaining banana halves.
  10. Freeze the banana popsicles for 2 hours or until the yogurt is frozen.

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<b>Nutrition Facts</b>	
Per 1 serving (1 popsicle)	
<b>Calories</b>	<b>% Daily Value*</b>
<b>100</b>	
<b>Fat</b> 2 g	3 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate</b> 21 g	
Fibre 2 g	7 %
Sugars 12 g	12 %
<b>Protein</b> 1 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 20 mg	1 %
Potassium 250 mg	5 %
Calcium 20 mg	2 %
Iron 0.3 mg	2 %
Vitamin A 0 µg	0 %
Vitamin C 6 mg	7 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard:</b> Maximum, Moderate with optional toppings	

## Allergy information:

Contains milk.

May contain wheat, gluten, and nuts.

## About this recipe:

Bananas are a low-cost fruit and a source of potassium.

Getting enough potassium in your diet can help maintain a healthy blood pressure.

## Substitutions:

To make this recipe milk-free, use a dairy-free yogurt of your choice.

To make this recipe wheat and gluten-free, use certified gluten-free granola.

To make this recipe nut-free, use a nut-free granola.

## Storage information:

Breakfast Banana Popsicles can be stored in an air-tight container in the freezer for 2 to 3 days.