Breakfast Banana Popsicles







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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:

- 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)

How to make Breakfast Banana Popsicles:

- 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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Nutrition FactsPer 1 serving (1 popsicle)Calories100% Daily Value*Fat 2 g3 %Saturated 1 g5 %+ Trans 0 g5 %Carbohydrate 21 g7 %Fibre 2 g7 %Sugars 12 g12 %Protein 1 gCholesterol 0 mgSodium 20 mg1 %Potassium 250 mg5 %Calcium 20 mg2 %Iron 0.3 mg2 %Vitamin A 0 μg0 %Vitamin C 6 mg7 %5% or less is a little, 15% or more				
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Vitamin C 6 mg 7 %	Iron 0.3 mg		2 %	
<u> </u>	Vitamin A 0	μg	0 %	
5% or less is a little, 15% or more	Vitamin C 6	mg	7 %	
is a lot				
Nova Scotia School Food and				
Beverage Standard: 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 airtight container in the freezer for 2 to 3 days.