

Frozen Bananas



Ingredients:

- 2 bananas, peeled and cut into thirds
- 6 popsicle sticks
- 6 ounces chocolate chips, semi-sweet
- 1 cup of cereal of choice or nuts

Directions:

1. Line baking sheet with wax paper.
2. Place sticks in bananas and freeze for 1 hour.
3. Melt chocolate in a sauce pan or microwave.
4. Dip frozen bananas into chocolate
5. Roll the banana in cereal and/ or nuts.
6. Return bananas to baking sheet and refreeze.

Makes 6 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>