



Banana Pops!

Cooking Instructions:

1. In the mixing bowl mash, the three bananas with a potato masher or fork
2. Next add in the cup of granola or fiber cereal and mix well.
3. Roll the mixture into balls and place in a pan lined with parchment paper or foil. Place in freezer for 10-20 minutes.
4. While the banana balls are in the freezer, prep you toppings by placing sprinkles and shredded coconut on separate plates.
5. Next melt your semi-sweet chocolate chips in a microwave safe bowl in 30 second intervals. Make sure to stir until chocolate is smooth.
6. Remove balls from freezer and place a Popsicle stick into each ball.
7. Dip each ball into the chocolate one at a time, next dip into the topping of your choice. Place back to dry.
8. Repeat until all balls are complete- enjoy!

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Ingredients List:

- 3 ripe bananas
- 1 cup of your favorite granola or fiber cereal
- Semisweet chocolate chips
- Sprinkles or shredded coconut
- Popsicle sticks

Kitchen Tools Needed:

- Butter knife
- Potato masher or fork
- Mixing bowl
- Pan lined with parchment paper or foil (that will fit in the freezer)
- Small microwave safe bowl
- Spoon
- Plate
- Microwave

