

Banana Pops

- Makes 8 servings -



Ingredients

1-1/3 cups ground toasted almonds, ground coconut, candy sprinkles or graham cracker crumbs
4 just-ripe bananas, peeled
1/2 cup honey
8 popsicle sticks

Directions

Spread ground nuts (or other topping of choice) on a plate or plates. Cut bananas in half crosswise. Insert a craft stick into each cut end. To assemble, hold each banana half over plate or waxed paper to catch drips. Spoon about 1 Tbsp. honey over banana, rotating and smoothing honey with back of spoon to coat all sides. (Or, squeeze honey from a plastic honey bear container and smooth out with spoon.) Roll banana in topping of choice until coated on all sides, pressing with fingertips to help topping adhere. Place pops on

waxed paper lined cookie sheet. Repeat with remaining bananas, honey and topping. Serve at once.

Nutritional Information Per Serving

*Protein: 4.98 g Fat Total: 11.6 g Sodium: 3.8 g
Carbohydrates: 35.2 g Calories from Fat: 39% Cholesterol: 0 mg
Calories: 224 Dietary Fiber: 3.26 g*

Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

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