



Frozen Banana Pops

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	chocolate chips	1.5 L
6 tbsp	vegetable oil	90 mL
25	bananas, ripe and cut into halves	25
50	wooden skewers or popsicle sticks	50
	Various toppings for the bananas:	
	homemade granola	
	unsweetened coconut	

Note: Nutrition Information is on page 2.

Instructions

1. Stir chocolate and oil in heavy small saucepan over low heat until smooth.
2. Place each topping in separate shallow dish.
3. Place peeled bananas in another bowl.
4. Line baking sheet with parchment paper.
5. Insert one stick/skewer into each piece of banana. Dip in chocolate to coat completely. Shake off excess chocolate.
6. Dip chocolate-coated banana in 1 topping (if desired). Using clean hand, sprinkle more topping over banana to coat; transfer to parchment-lined sheet.
7. Repeat with remaining bananas, chocolate, and toppings.
8. Freeze until firm (about 3 hours). Serve.

Nutrition Information

Serving 82 g

Calories 180

Fat 8 g

Saturated 4 g

+ Trans 0 g

Sodium: 15 mg

Carbohydrates: 26 g

Fibre 2 g

Sugars 18 g

Protein 2 g

Calcium 40 mg

Iron 0.5 mg

Food Guide Servings

1 Vegetable & Fruit