



Dose  of Nutrition

# Dipped Banana Pops

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4 servings

Total time:  
1 hour and  
10 minutes(including freezer time)

Gluten-free

Vegetarian

## INGREDIENTS

- 2 medium bananas
- 1/2 cup dark chocolate chips
- 1/2 cup low-fat yogurt
- 1/2 cup granola
- 4 bamboo skewers or popsicle sticks

## RECIPE NOTES:

- Extra dipped bananas can be wrapped in parchment paper and stored in the freezer for about 2 weeks.
- Use certified gluten-free granola if you are avoiding gluten for gluten-free diet

## DIRECTIONS

- 01** Line a small baking sheet with parchment paper.
- 02** Peel the bananas and slice each banana in half. Insert a bamboo skewer or popsicle stick into each banana half. Lay them onto the parchment paper.
- 03** Melt the chocolate chips using a double-boiler method.
- 04** Dip 2 banana halves into the melted chocolate, coating as much of the banana as you can. You can also just drizzle the chocolate over the banana as well with a spoon. This step should be done quick since the chocolate may harden quick.
- 05** Dip the other 2 banana halves into the yogurt. You may have to use a spoon to help coat the yogurt.
- 06** Place dipped bananas onto the parchment paper, sprinkle over granola and freeze for about 1 hour or until bananas are frozen and enjoy!

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