

# O's cereal Frozen Bananas Snack of the Month January – 2015



Low-fat freezer banana pops. Healthy snacking doesn't get much simpler than bananas, yogurt and O's cereal on a stick.

**Prep Time:** 10 Min

**Start to Finish:** 1 Hr. 10 Min

**Makes:** 8 servings

## INGREDIENTS

4 firm ripe bananas  
8 flat wooden sticks with round ends  
1 container (6 oz.) Thick & Creamy yogurt (any flavor)  
3 cups any O shaped cereal

## DIRECTIONS

1. Cover cookie sheet with waxed paper. Peel bananas; cut bananas crosswise in half. Insert wooden stick into cut end of each banana.
2. Roll bananas in yogurt, then in cereal to coat. Place on cookie sheet. Freeze until firm, about 1 hour.
3. Wrap each banana in plastic wrap or foil. Store in freezer.

**Recipe Provides:** Fruits 1/4c

## NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	1 g	<b>Saturated Fat:</b>	0 g
<b>Calories:</b>	120	<b>Calories from Fat:</b>	10	<b>Carbohydrates:</b>	26 g
<b>Cholesterol:</b>	0 mg	<b>Dietary Fiber:</b>	3 g	<b>Sodium:</b>	90 mg
<b>Sugars:</b>	11 g	<b>Protein:</b>	3 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)