

BANANA POPS

WHAT YOU NEED:

Ingredients:

1 large banana
1/4 cup peanut butter, crunchy
or creamy
2/3 cup chopped roasted peanuts

Equipment:

cutting knife
chopping board
2 popsicle sticks
spreading knife
dry measuring cups
plate
plastic wrap or foil

WHAT TO DO:

1. Peel banana.
2. Cut banana in half crosswise.
3. Put a popsicle stick into center of each half.
4. Spread banana halves on all sides with peanut butter.
5. Pour chopped peanuts onto a plate.
6. Roll banana halves in chopped peanuts.
7. Wrap in plastic wrap or foil and freeze.

Makes 2 servings.

Return to kid's corner nutrition section for more recipes.