

Frozen Banana Yogurt Pops - 2 Ways

Servings: 6

Prep Time: 20-25 minutes, freeze about 3 hours

Materials Needed: Baking sheet, mixing bowls, mixing spoon, measuring cups and spoons, microwave

Follow the base recipe below and choose 1 of the 2 options to complete.

Ingredients:

- 3 bananas
- 6 Popsicle sticks

Directions:

1. Line a baking sheet with wax paper or spray with non-stick spray.
2. Peel and cut bananas in half. Put popsicle sticks into each banana half on the cut end, making 6 banana popsicles. Lay popsicles on the baking sheet and place in the freezer for 15 minutes.

Option 1: Pink Party Pops



Ingredients:

- 3/4 cup strawberry yogurt
- 1 tablespoon milk (if needed)
- 1/4 cup frozen raspberries, finely chopped
- Pink or white sprinkles of choice (optional)

Directions:

3. While the bananas are in the freezer, prepare the yogurt dip and toppings.
4. Place strawberry yogurt in a bowl. If the yogurt is thick, add 1 tablespoon milk to thin (more if needed).
5. Dip the bananas in the strawberry yogurt, using a spoon to coat each banana evenly. Allow extra yogurt to drip off, then place on the baking sheet. Add sprinkles and frozen chopped raspberries.
6. Place bananas in the freezer for at least 3 hours or overnight.

Feeding Pa and Pa Eats

