

Frozen Yogurt & Honey Banana Pops



YOU'LL NEED

2 ripe bananas

1 cup plain Greek yogurt

Pinch of salt

2 tablespoons honey

choice of toppings (chocolate chips, crumbled graham crackers sprinkles, nuts if your kids can have them, etc.)

HOW TO MAKE THEM

Line a cookie sheet with parchment paper (one that can fit in your freezer – go make room now you will thank me later).

Mix the yogurt with the honey in a gallon food storage bag with the sides rolled back so you can get in and out of the bag (and for easy clean up)

Cut bananas in bite-sized chunks (or leave whole, your choice).

With a fork or craft stick inside of each piece, gently dip banana chunks in the yogurt, completely coating.

Add toppings over a paper plate for easy cleanup.

Freeze at least 1 hour.

Tip for Moms

the secret ingredient in this recipe is the salt. It helps the bites to freeze and also serves as an important electrolyte for your active kiddos who perspire in the hot weather

