

Chocolate Banana Pops

INGREDIENTS

- 4 medium bananas, ripe but firm
- 3 tablespoons lightly salted peanuts, finely chopped
- $\frac{3}{4}$ cup dark chocolate morsels
- 8 wooden craft sticks

DIRECTIONS

1. Peel then cut bananas in half crosswise, and insert a craft stick into each half. Place on a tray, cover with plastic wrap and place in freezer until frozen, about 3 hours.
2. Place the peanuts in a shallow dish or plate. Melt the chocolate in the top of a double boiler over slightly simmering water, over the lowest possible heat, stirring frequently.
3. Make sure water is not touching the bottom of the top pan. Pour melted chocolate into a tall glass. Dip each frozen banana into the chocolate, turning to coat, and immediately roll in the peanuts and place on a tray covered in wax paper.
4. Serve immediately or wrap individually in plastic wrap or wax paper and freeze for up to 2 weeks.



*Recipe courtesy of
Healthy Appetite with Ellie Krieger*

Serving size: 1 pop | Servings: 8

Nutrition Information: Calories: 179; Total fat: 11g;
Saturated fat: 5g; Cholesterol: 0mg; Sodium: 15mg;
Sugars: 15g; Protein: 3g;