



K-STATE
Research and Extension

Healthy Celebration!

Banana Jungle Pops

Makes: 12 servings

Ingredients:

- 6 whole bananas
- ¾ cup peanut butter (creamy or chunky)
- ¾ cup chocolate chips
- 2 tablespoons vegetable oil
- 2 cups crushed crisp rice cereal



Directions:

1. Peel and cut bananas in half, crosswise. Insert wooden skewer or popsicle stick in cut ends. On a baking sheet lined with waxed paper, place bananas and freeze until firm, or about 2 hours.

2. Melt peanut butter, chips and oil in a tall, narrow glass in microwave 1 to 2 minutes, stirring after each minute of cooking. Spread crushed cereal on waxed paper.
3. Dip each frozen banana in chocolate mixture, coating evenly. Immediately roll in crushed cereal. Freeze again about 30 minutes before eating. For longer storage, wrap each banana in aluminum foil.

Nutrition Facts:

One serving ½ banana provides 240 calories, 120 calories from fat, 14 g total fat, 4 g saturated fat, 0 g trans fat, 115 mg sodium, 29 g carbohydrates, 3 g fiber, 16 g sugar, 5 g protein, 2% calcium, 15% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition; Susie Bilderback, Extension Program Assistant; and Katie Hamm, former senior in Dietetics • Resources: http://kidshealth.org/parent/nutrition_fit/nutrition/breakfast.html • <http://www.boosemyplate.gov/> • <http://www.kidsacookin.ksu.edu/> • <http://www.kidsacookin.ksu.edu/Move.aspx?page=Start>

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