Banana Jungle Pops

Frozen bananas on a stick!

Level: Easy
Makes: 12

Ingredients:
- 6 whole bananas
- ¾ cup peanut butter (creamy or chunky)
- ¼ cup chocolate chips
- 2 tablespoons vegetable oil
- 2 cups crushed crisp rice cereal

Directions: 

Remember to wash your hands!

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.

Helpful Hints: If you don’t have a microwave, melt peanut butter, chips and oil in a heavy saucepan over low heat, stirring frequently, so the mixture does not burn.

An easy way to crush the cereal is to put it in a zip-type plastic bag and let kids either crush it with their hands or use a rolling pin.

Safety Tips: The melted chocolate mixture is hot, so instruct kids to use a dry hot pad to remove it from the microwave or stovetop. It’s hard for small hands to hold the glass with one hand and dip the banana with other hand. Encourage working in pairs while dipping the banana and rolling in cereal.

Chef’s Choice
Banana Jungle Pops
Low fat milk

Kids’ Tool Kit
Knife
Cutting board
Baking sheet
Measuring cups
Measuring spoons
Rolling pin
Tall narrow glass
Wooden skewers
Wooden spoon
Waxed paper

Nutrition Facts
Serving Size: 1 (110g)
Servings Per Container: 12

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 130</th>
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</thead>
<tbody>
<tr>
<td>% Daily Value</td>
<td>% Daily Value</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 14g</td>
<td>22%</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat 4g</td>
<td>19%</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium 130mg</td>
<td>6%</td>
<td>4%</td>
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<tr>
<td>Total Carbohydrate 30g</td>
<td>10%</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>13%</td>
<td>1%</td>
</tr>
<tr>
<td>Sugars 20g</td>
<td></td>
<td>0%</td>
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</tbody>
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Protein 5g

Vitamin A 2%    • Vitamin C 10%
Calcium 2%      • Iron 6%

Nutrition Facts are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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