

Banana Pops

This is such a fun recipe for kids to make for any occasion. They will need some help with cutting the bananas, but after that, they can take it from there and make their banana pop with their favorite toppings.

The nutrition information for this dessert recipe is based on using nuts for the topping. Be sure to adjust the nutritional information and Weight Watchers Points based on the toppings you use.

Recipe Type: Dessert, Snack

Degree of Difficulty: Very easy

Ingredients

1- $\frac{1}{3}$ cups Toppings, such as ground toasted almonds, toasted coconut, candy sprinkles or graham cracker crumbs
4 Large Bananas (just ripe), peeled
 $\frac{1}{2}$ cup Honey
8 Wooden Craft Sticks



Directions

- 1 Spread toppings of your choice on a plate or plates.
- 2 Cut bananas in half crosswise. Insert a craft stick into each cut end.
- 3 Hold banana pop over plate or waxed paper to catch the drips.
- 4 Spoon about 1 Tbsp. honey over banana, rotating and smoothing honey with back of spoon to coat all sides. (Or squeeze honey from a plastic honey bear container and smooth out with spoon.) You can also use melted chocolate in place of honey. Just be sure to roll on the toppings quickly before the chocolate hardens.
- 5 Roll banana in topping of choice until coated on all sides, pressing with fingertips to help topping adhere .
- 6 Place pops on waxed paper-lined cookie sheet.
- 7 Repeat with remaining bananas, honey and toppings.

Cooking Times

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 262 calories, 12.2g total fat, 1g saturated fat, 0mg cholesterol, 2.2mg sodium, 37.9g carbohydrates, 4.3g fiber, 26.9g sugar, 5.7g protein.

Servings: 8

Yield: 8 Banana Pops

Weight Watchers Points

Note: The nutrition information for the bananas was not included when calculating any of the Weight Watchers Points.

Orig. WW Pts: 4

Points Plus: 6

Smart Points: 8

FreeStyle Smart Points: 8

Tips

You can use apple slices in addition to the bananas. You can also freeze your banana pops before coating them with honey and toppings. This will give it a cool, popsicle taste and feel to this delicious treat.