



## Banana Pops

Makes 6

Prep time: 5 minutes

Freezing time: 3-4 hours

Per portion

Calories: 139

Fat: 4.7g

Saturates: 2.8g

Carbs: 23g

of which sugars: 21.4g

Fibre: 0.9g

Protein: 2.6g

Salt: 0g

### Ingredients:

- 3 medium ripe bananas
- 100g dark chocolate
- 6 mini wooden skewers or lolly pop sticks

### Instructions:

Peel the bananas and cut in half (width ways)

Push a wooden skewer (trim the sharp end to make it flat) halfway up into each of the banana halves and then place the bananas onto a small tray that is lined with baking parchment.

Place the bananas into the freezer and freeze for 3-4 hours or until solid

Just before removing the bananas from the freezer, gently melt the chocolate in a glass bowl over some hot water.

Once the chocolate has melted remove from the heat. Take the bananas from the freezer and gently dip each one into the chocolate, working quickly and place them back on the tray.

Return to the freezer for at least 15 minutes - these will keep in the freezer for 1 month

TIP: add a few chopped nuts or desiccated coconut to the melted chocolate before dipping the bananas.