

Banana Recipes

Whole Grain

INGREDIENTS

- 6 Banana Savers
- 3 medium bananas
- 6 wooden pop sticks
- 1-1/2 cups Whole Grain Oat with Corn and Wheat Cereal
- 1/4 cup creamy peanut butter
- 1 Tbsp. seedless raspberry jam



PREPARATION

1. Peel bananas, then cut in half crosswise. Insert 1 pop stick into cut end of each banana. Place cereal in shallow dish or pie plate.
 2. Combine peanut butter and jam; spread evenly onto bananas. Roll in cereal, evenly coating all sides. Press cereal into peanut butter mixture to secure. Place in single layer on wax paper-covered baking sheet.
 3. Freeze 4 hours or until frozen in your Banana Saver. Remove from freezer about 15 min. before serving.
- Makes 6 pops.
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Chocolate Crunch

INGREDIENTS

- 6 Banana Savers
- 3 bananas
- 6 wooden pop sticks
- 2 1-1/2 oz. chocolate bars
- 1 tbsp. chopped nuts, crispy rice cereal, granola, or shredded coconut (optional)

PREPARATION

1. Peel the bananas and remove any stringy fibers. Cut the bananas in half, widthwise, and push an ice-cream stick through the cut end of each half. Place bananas in your Banana Savers and freeze for about three hours.
 2. Place the chocolate bars in a microwave-proof bowl and cook on high for about 2 minutes, or until the chocolate melts. Check after one minute. Stir in the nuts, cereal, or coconut.
 3. Using a butter knife, spread the chocolate mixture over the frozen bananas to coat them completely. Freeze in your Banana Saver until ready to serve. Makes 6 pops.
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Chocolate Sprinkle

INGREDIENTS

12 Banana Savers
6 bananas
12 wooden pop sticks
1 pkg. (8 squares) Semi-Sweet Baking Chocolate
1/3 cup butter or margarine
3 Tbsp. multi-colored sprinkles

PREPARATION

1. Peel and cut the bananas in half crosswise. Insert pop stick into cut end of each banana half. Place in your Banana Saver. Freeze 3 hours or until firm.
2. Microwave chocolate and butter in small microwavable bowl on high 1-1/2 to 2 minutes or until chocolate is almost melted, stirring after 1 minute. Stir until chocolate is completely melted. Pour into tall glass.
3. Dip frozen bananas into chocolate mixture, turning to evenly coat. Immediately roll in sprinkles. Place on wax paper-covered tray. Serve immediately. Freeze your leftovers in a Banana Saver.

Makes 12 pops.

Chocolate & You Name It Topping

INGREDIENTS

8 Banana Savers
4 bananas
8 wooden pop sticks
1 1/2 cups of semisweet chocolate chips
2 tablespoons Canola Oil
shredded coconut, chopped nuts, sprinkles (your choice)

PREPARATION

1. Peel and cut the bananas in half crosswise.
2. Freeze the bananas in the savers for at least 1 hour.
3. In a small saucepan over very low heat, stir the chocolate chips and canola oil together until melted.
4. One at a time, remove the pops from the freezer and holding them over the sauce pan, spoon the chocolate over them.
5. Roll each chocolate-covered banana in your favorite topping.
6. Return to the freezer in a Banana Saver to harden for 1-2 hours before serving or just keep in the freezer till you're ready to eat (allow 10 minutes to thaw).

Makes 8 pops.

Tasty Healthy Frozen Pop

INGREDIENTS

8 Banana Savers

4 bananas

8 wooden pop sticks

1-3/4 cups of a whole grain wheat cereal

4 large firm, ripe bananas (about 1-1/2 pounds)

3/4 cup Creamy, chunky or flavored peanut butter

Preparation:

1. Place cereal in large re-sealable plastic bag, remove all air and seal, coarsely crush cereal with rolling pin or palm of hand. Transfer to large plate.
2. Peel and cut bananas in half crosswise, gently push craft stick about 1 1/2 inches into cut end of each banana half.
3. Spread 1 1/2 tablespoon peanut butter evenly onto banana, roll in cereal to cover completely. Place banana pop on covered plate.
4. Repeat step 3 using remaining bananas.
5. Place bananas in your Banana Savers and freeze 1 hour or until coating is firm, or until banana is completely frozen.
6. Remove pop from freezer 10 minutes before serving.

Makes 8 pops.

(Not only does the Banana Saver guard your banana "on the go", but they're great for freezing bananas!)