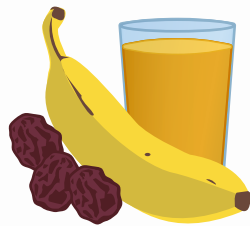


Fruit



Bumpy Banana Pops



Fun to
make!

Ingredients:

1 banana
1/3 cup 100% orange juice
2 Tbsp peanut butter
1/2 cup raisins

Nutrition:

Recipe makes 2 servings
Each serving counts as 1.5 fruits

Safety:

Keep your fingers curled under while using the knife to avoid cutting your fingers.

Directions:

1. Peel the banana and cut in half.
2. Insert a Popsicle stick into the bottom of each banana half.
3. Dip bananas in orange juice and put on plate.
4. Freeze bananas for 1 hour.
5. Spread 1 tablespoon of peanut butter onto each frozen banana.
6. Pour raisins onto an unused plate.
7. Roll bananas in raisins.
8. Hold bananas by stick and enjoy!

Recipe approved by the Children's Nutrition Research Center at Baylor College of Medicine

from the kitchen of
Playnormous

