

Playnormous Healthy Recipes

Bumpy Banana Pops

Ingredients:

- 1 banana
- 1/3 cup 100% orange juice
- 2 Tablespoons peanut butter
- ½ cup raisins

Directions:

1. Peel the banana.
2. On a cutting board, cut the banana in half with a knife.
3. Insert a Popsicle stick into the bottom of each banana half.
4. Measure 1/3 cup of 100% orange juice in a 1 cup liquid measuring cup.
5. Dip the bananas in the orange juice and place them on one plate.
6. Place the plate with the bananas in the freezer for 1 hour.
7. Set timer to 1 hour.
8. After 1 hour, remove the plate with bananas from the freezer.
9. Measure 1 tablespoon of peanut butter and spread on one banana half with a knife.
10. Repeat measuring and spreading peanut butter on the other banana half
11. Measure ½ cup of raisins in a ½ cup solid measuring cup.
12. Pour the raisins onto an unused plate.
13. Roll the bananas with peanut butter in the raisins.

Nutrition:

- This recipe makes 2 servings.
- Each serving counts as 1.5 fruit.

Safety:

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

Substitutions:

- Try any small dried fruit in place of raisins such as dried cranberries, apples, or blueberries.

Source: Children's Nutrition Research Center at Baylor College of Medicine

