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Crunchy Bananas on a Stick

Prep Time: 15 minutes

Chill Time: 1 hour

Cost per serving: \$0.17

What you need:

Utensils:

- Cookie sheet
- Waxed paper
- Knife & cutting board
- 8 wooden sticks with rounded ends
- Small bowl

Ingredients:

- 4 bananas
- 2 containers (6 ounces each) fat-free vanilla yogurt
- 3 cups toasted oat cereal

What to do:

1. Wash your hands and clean your cooking area.
2. Cover cookie sheet with waxed paper.
3. Peel bananas and cut in half.
4. Place a wooden stick into each banana half.
5. Roll the banana in yogurt, then in cereal.
6. Place the banana on the cookie sheet and freeze about 1 hour or until firm.
7. To store, wrap each banana in plastic wrap or foil and store in the freezer.

Nutrition Facts

Serving Size 1 stick	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 4g	
Vitamin A 8%	Vitamin C 15%
Calcium 15%	Iron 20%