

## Frozen Chocolate Banana Pops



Servings: 12

### Nutrition Information:

23g carbohydrates

137 calories

6g fat

3g saturated fat

15g sugar

4mg sodium

3g fiber

1g protein

Nutrition information includes 1 cup peanuts.

### Ingredients:

4 large, ripe bananas, peeled and cut into thirds, crosswise.

1 cup semisweet chocolate chips, melted.

1 cup shredded coconut or chopped nuts.

Popsicle sticks.

### Directions:

1. Line a baking sheet with parchment or wax paper.
2. Insert a popsicle stick into each piece of banana.
3. Cover each piece with melted chocolate using a rubber spatula and sprinkle with coconut or nut. (Reheat chocolate as needed to keep it melted.)
4. Place the bananas on the baking sheet and freeze until frozen, about 2 hours.