



Recipes for Success



Frozen Monkey Pops

Your family will love making this sweet and tasty, nutritious treat! This is a hands on recipe so be sure to remind everyone to properly wash their hands before getting started!

Makes: 4 snacks

Ingredients:

Banana	2
Yogurt	$\frac{3}{4}$ cup or 180mL
<i>or</i>	
Peanut butter	$\frac{1}{2}$ cup or 125mL
Cinnamon	1 Tbsp or 15mL
Granola	$\frac{3}{4}$ cup or 180mL



Supplies:

- 4 wooden chop sticks, popsicle sticks, or skewers
- Wax paper or parchment paper
- Baking sheet or plate

Directions:

1. Cover a plate or baking sheet with wax or parchment paper
2. Peel bananas. Cut each banana in half, widthwise
3. Roll each banana half in yogurt *or* spread 1-2 Tbsp of peanut butter over each half
4. Sprinkle with cinnamon
5. Sprinkle 2-3 Tbsp of granola over each banana, allowing it to stick to the yogurt or peanut butter
6. Place each banana on top of the wax paper
7. Insert a chop stick/popsicle stick/wooden skewer through each banana lengthwise

Place in the freezer for 3 hours, or until frozen

Suggested Tasks for Children:

- Peel bananas
- Crack the bananas in half or practice cutting with a knife
- Measure ingredients
- Cover bananas in yogurt or peanut butter
- Sprinkle cinannamon and granola
- Insert stick

