

Patriotic Frozen Banana Pops

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- Prep time: 15 minutes
- Cook time: N/A
- Total time: 15 minutes + 1-2 hours to freeze



***No nuts | No eggs | No wheat | No soy | No fish | No sesame**

Ingredients:

- Bananas, peeled and cut in half
- Popsicle sticks
- Yogurt or yogurt alternative to coat bananas
- Red, white, and blue toppings (allergy-friendly crushed cereal, sprinkles, etc.)

***Yogurt contains milk.**

*Yogurt alternative **may contain** nuts, soy, and/or milk (check labels!)

*Cereal & sprinkles **may contain** wheat, nuts, eggs, soy, or other allergens (check labels!)

Allergy-friendly Substitutions:

- **No milk:** use milk-free spread
- **No wheat:** use wheat-free cereal or toppings

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Line a baking sheet with wax paper.
3. Place toppings in separate shallow bowls. Insert popsicle stick into the cut side of the banana halves.
4. Use a knife or spoon to spread yogurt on bananas, coating generously.
5. Roll bananas in toppings, such as crushed blue, red, or white cereal, sprinkles, etc. *Read food labels to double check for potential allergens!* Gently set on wax paper.
6. Freeze 1-2 hours, or until firm. Eat immediately, or transfer to freezer-safe containers and return to freezer.