

Banana Freezer Pops

2 ripe medium bananas
1 can (6 ounces) frozen orange juice concentrate,
thawed (3/4 cup)
1/4 cup water
1 tablespoon honey
1 teaspoon vanilla
8 (3 ounce) paper or plastic cups
8 wooden sticks

DIETARY EXCHANGES:

1 1/2 Fruit

NUTRIENTS PER SERVING:

Cal.: 83	Cal. from Fat: 3%
Total Fat: <1 g	Sat. Fat: <1 g
Carb.: 20 g	Protein: 1 g
Chol.: 0 mg	Sodium: 1 mg
Fiber: 1 g	

1. Peel bananas; break into chunks. Place in food processor or blender container.
2. Add orange juice concentrate, water, honey, and vanilla; process until smooth.
3. Pour banana mixture evenly into cups. Cover top of each cup with small piece of aluminum foil. Insert wooden stick through center of foil into banana mixture.
4. Place cups on tray; freeze until firm, about 3 hours. To serve, remove foil; tear off paper cups (or slide out of plastic cups).

Makes 8 servings

Peppy Purple Pops: Omit honey and vanilla. Substitute grape juice concentrate for orange juice concentrate.

Frozen Banana Shakes: Increase water to 1 1/2 cups. Prepare fruit mixture as directed. Add 4 ice cubes; process on high speed until mixture is thick and creamy.

Makes 3 servings

Source: Diabetic Cooking Magazine

Recipe provided by:

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