

6. Frozen Banana Pops

Prep Time: 5 min | **Cook Time:** 0 min | **Freeze Time:** 2–3 hrs | **Total Time:** 2–3 hrs 5 min |
Servings: 2

Ingredients:

- 2 bananas
- 2 tsp dark chocolate
- 2 tbsp crushed cereal or nuts

Instructions:

1. Cut bananas in half; insert stick.
2. Dip in melted chocolate; roll in topping.
3. Freeze 2–3 hours.

Nutrition (per pop):

- Calories: 80
- Protein: 1 g
- Potassium: 400 mg
- Sugar: 8 g

Health Benefits:

- Potassium supports heart and muscle function.
- Minimal added sugar keeps it healthy.

Pro Tips:

- Start with plain frozen banana coins if chocolate crunch is intimidating.
- Use nut butter or sunflower butter for variation.