



CRUNCHY BANANA ON A STICK

Ingredients

- 4 bananas
- 2 containers fat-free vanilla yogurt, 6 ounces each
- 3 cups toasted oat cereal

PREPARATION: 15MIN
COOKING: 1 HOUR
SERVINGS: 1 STICK

Directions

1. Wash your hands and clean your cooking area.
2. Cover cookie sheet with waxed paper.
3. Peel bananas and cut in half.
4. Place a wooden stick into each banana half.
5. Roll the banana in yogurt, then in cereal.
6. Place the banana on the cookie sheet and freeze about 1 hour or until firm.
7. To store, wrap each banana in plastic wrap or foil and store in the freezer.

