

Frozen banana pops

Ingredients:

- Bananas (enough for half a banana each)
- Chocolate (whatever you prefer)
- Decorations (e.g. sprinkles, crushed nuts, desiccated coconut)

You'll also need:

- Some lolly sticks (although these can be made without sticks if you don't have any)
- A baking tray
- Some greaseproof paper
- A microwaveable bowl



IN THE KITCHEN - Frozen banana pops

Method:

- Simply peel the bananas and cut them in half and lay them on a tray with greaseproof paper under them
- Insert the sticks lengthways
- Pop the tray into the freezer for about an hour to harden the bananas
- Pop the chocolate into a microwaveable bowl
- Put it into the microwave for 10 second intervals, stirring in between, until it's melted
- Bring the bananas out of the freezer and simply dip them into the chocolate and sprinkle with the decorations
- Pop them back into the freezer until you want to eat them

TOP TIP:

Ask your child to help with this easy and tasty recipe

