# BANANA POPS

***Yield: 8 Servings***

**Ingredients**

4 Fresh Bananas
6 Ounces Plain Low-Fat Greek Yogurt
1/2 Tablespoon Stevia
1Teaspoon Vanilla Extract
1-3/4 Cup Low-Fat Granola

Peel the bananas and cut them in half crosswise.

Insert a wooden craft stick into the large end of each banana. Mix together the yogurt, stevia, and vanilla in a small bowl.

Dip the banana into the yogurt, or use a pastry brush to cover it completely with yogurt.

Place the granola on a plate and roll the bananas in the granola mixture until well coated.

Freeze the pops, uncovered, on a waxed paper–covered plate until solid—about 4 hours or overnight.

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## NUTRITION

CALORIES 139 | % CALORIES FROM FAT 6% | CALORIES FROM SAT FAT 0%
TRANS FAT 0g | CALORIES FROM SUGAR 37% | SODIUM 60mg

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