

Strawberry Confetti Frozen Bananas

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*3 small bananas, peeled
and cut in half crosswise
6 ice cream sticks
2 cups strawberry yogurt
1 1/2 cups fruity cereal
1 1/2 cups rainbow
sprinkles*

Cut the bananas in half crosswise. Insert a stick into the cut end of each banana. Place the banana halves on a parchment paper-lined baking sheet. Place in the freezer until firm, three to four hours.

Prepare the toppings: Place the strawberry yogurt in a shallow bowl. In a bowl, mix the fruity cereal and sprinkles. Place the cereal mixture in another shallow dish for dipping.

Dip the frozen bananas in the strawberry yogurt. Then roll in the cereal mixture.

Return the bananas to the freezer. Freeze until set, four hours.

Per Serving (excluding unknown items): 905 Calories; 16g Fat (15.5% calories from fat); 26g Protein; 176g Carbohydrate; 9g Dietary Fiber; 20mg Cholesterol; 282mg Sodium. Exchanges: 5 1/2 Fruit; 3 Fat; 6 Other Carbohydrates.