

Breakfast Bowl Frozen Bananas

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*3 small bananas, peeled
and cut in half crosswise
6 ice cream sticks
2 cups vanilla yogurt
1 1/4 cups granola
1 1/2 cups dried cranberries*

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 yogurt in a shallow bowl.

In another bowl, place the granola and cranberries. Mix well. Transfer the mixture to another shallow bowl..

Dip the frozen bananas in the vanilla yogurt, then roll in the granola mixture.

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

Per Serving (excluding unknown items): 1376 Calories; 59g Fat (36.5% calories from fat); 39g Protein; 192g Carbohydrate; 25g Dietary Fiber; 62mg Cholesterol; 246mg Sodium. Exchanges: 5 1/2 Grain(Starch); 5 1/2 Fruit; 2 Non-Fat Milk; 11 Fat; 1 1/2 Other Carbohydrates.