

Frozen Banana Bites



A really easy, frozen low fat dessert idea. Perfect instead of ice cream!

145 less calories

compared to crunchy ice cream bar



Nutrition Information per portion

Preparation Time	Number Servings	Calories	Fat	Carbs	Salt	Protein
5 mins Plus 2 hours for freezing	4	114	1.7	23.1g	0.2g	3g
Good source of:	A good source of potassium and manganese, which have an important part to play in good blood pressure control					

Ingredients and Method

- 2 medium bananas
- 100g low fat Greek yoghurt
- 100g crunchy granola
- Any dried fruit berries , chopped nuts or fresh fruit of your choice (optional)
- 4 wooden or plastic lolly sticks

1. Half the bananas and push a lolly stick into the cut end of each half
2. If you are using any dried fruit, berries or chopped nuts, cut them into small pieces and mix with the crunchy granola
3. Roll the banana halves in the Greek yoghurt and then the granola.
4. Pop onto a baking tray covered with baking paper
5. Freeze for a couple of hours

Tip: prepare these ahead of time for a quick and easy healthy snack!