

Banana Pops



Ingredients:

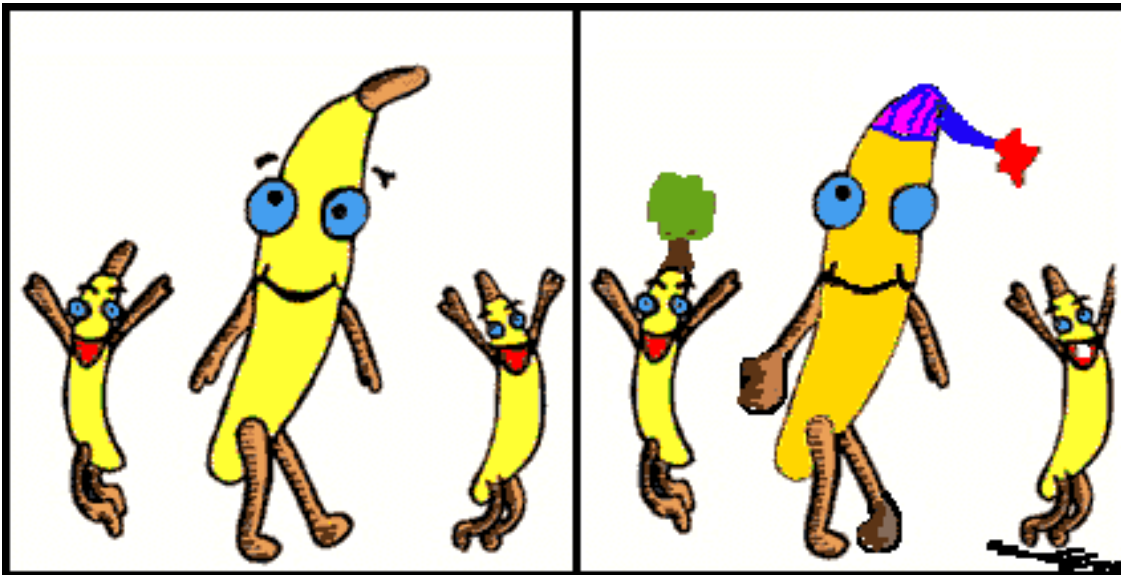
- 3 Bananas
- 6 Popsicle sticks
- 1/4 Cup peanut butter (softened)
- 1/4 Cup chopped peanuts, walnuts, granola, crisp rice cereal, or any other type of nuts or seeds.



Directions:

- Peel the 3 bananas and cut them in half widthwise.
- Push a popsicle stick into the cut ends of the banana halves.
- Spread peanut butter on the bananas
- Roll the bananas in the nuts, seeds, granola, crisp rice cereal (etc)
- Wrap in plastic wrap and place in freezer for about 3 hours.

Can you find the 10 differences between these 2 pictures?



Fun Facts about Bananas!

- As bananas ripen the starch in the fruit turns to sugar. So the riper the banana the more sweet it will taste.
 - There are more than 500 varieties of bananas in the world.
- A cluster of bananas is known as a hand which consists of 10 to 20 bananas, which are known as fingers.
 - The average American consumes about 28 pounds of bananas each year!
 - Bananas are America's number 1 fruit!
- Over 50% of bananas are eaten with the breakfast meal
 - Bananas are high in potassium, which can help relieve muscle cramps

