

# Chocolate Covered Banana Pops

THE JAMES  
Mobile  
Education  
Kitchen

**Serves: 4**

**Items Needed:** cutting board, knife, measuring cup, measuring spoon, tall cup small spoon or spatula

## Ingredients:

- 4 popcicle sticks
- 2 bananas
- 1 cup dark chocolate chips
- 1 tbsp coconut oil
- Sprinkles (optional)
  - Other optional toppings: chopped nuts, crushed graham crackers, smashed cereal, granola.



## Directions:

1. Cut banana in half and trim off the tips so the tops are flat. Do this for however many pops will be made.
2. Place popcicle sticks in the banana pieces and place on wax paper in the freezer
3. Once frozen for approximately two hours or until the banana is relatively firm begin melting chocolate.
4. Place chocolate and coconut oil in a glass or mug and microwave on high for 30 seconds, stir and continue to microwave in 10 second intervals until completely melted and no more chips remain.
5. Take frozen bananas and dip into the chocolate coating, before placing back on the wax paper shake sprinkles over the chocolate before it sets up. Place back on wax paper and allow to chill in freezer.



## **Nutrition Information (per ¼ recipe): 1 banana pop with sprinkles**

Calories: 222 Fat: 11.6 g Carbs: 33.5 g Protein: 2.6 g Fiber: 1.5 g Sodium: 1 mg

<https://wexnermedical.osu.edu/nutrition-services>

