

Alicia's Frozen Banana Treats

From the kitchen of Alicia Rocha, San Antonio

Preparation time: 15 minutes

Number of servings: 8

Ingredients:

8 ripe bananas, peeled

½ cup lemon juice

½ cup cold water

1 cup crushed graham crackers

2 teaspoon cinnamon

1 ½ tablespoon sugar

8 popsicle sticks

Waxed paper

Preparation:

1. Mix lemon juice and water. Set aside.
2. Stick a popsicle stick into each banana.
3. Dip bananas in the lemon/water mixture (prevents bananas from turning brown).
4. Mix cinnamon, sugar and the graham cracker crumbs together and spread mixture on waxed paper.
5. Roll each banana into the mixture until covered.
6. Place bananas on clean waxed paper and freeze for 1 ½ hours. Serve immediately.

Nutrition information per serving:

FAT: 10% of calories from fat (low)

FIBER: 3-4 grams (high)

CALORIES: 172



TIP

Fruit makes a great snack for kids.