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.