Frozen banana lollies

Fun and refreshing treats decorated with your favourite toppings.



Preparation time: 15-20 mins | Cook time: 2 hours 20 mins
Serves 8 | 1 serving = 1 lolly

Ingredients

4 large bananas
300 grams Greek-style yogurt

Optional Toppings
Chopped nuts
Sprinkles
Freeze-dried raspberries or strawberries
Nut butter drizzle

Nutritional values

per serving

Calories	93 kcals
Protein	4.4 grams
Carbohydrates	14.8 grams
Sugars	10.4 grams
Fat	2.4 grams
Saturated fats	1.4 grams
Salt	0.05 grams

Adapted from recipe originally published by BBC Good Food.

Make your own

1. Line a baking tray or plate with baking paper.
2. Peel the bananas and cut each one in half to make 8 pieces.
3. Carefully push a wooden lolly stick into each banana piece.
4. Place the banana lollies on the lined tray.
5. Freeze for 2 hours until firm.
6. Remove the banana lollies from the freezer.
7. Pour the Greek-style yoghurt into a tall cup or bowl.
8. Dip each banana lolly into the yoghurt until it is fully coated.
9. Place the coated lolly back onto the tray.
10. Add any toppings straight away.
11. Return the tray to the freezer for 20 minutes to firm up.
12. Take the lollies out of the freezer 5 minutes before serving to allow them to soften slightly.



Serving Suggestion

Enjoy as a cool snack or a refreshing dessert.



Top Tip

Try different toppings to create your own favourite flavour combinations and make each lolly unique.

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