

Frozen Banana Cereal Pops: A Fun, Healthy Snack Kids Love

You can easily switch up the toppings and flavors to suit your family's preferences.



TIME
10 min

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INGREDIENTS

- 3 ripe bananas
- 1 cup Greek yogurt (plain or flavored)
- 1 cup whole-grain cereal (like granola or puffed rice)
- 1 tablespoon honey or maple syrup (optional)
- Chocolate chips or sprinkles (for topping, optional)

DIRECTIONS

1. Peel the bananas and cut them in half. Insert a popsicle stick into each half.
2. In a bowl, mix the : Greek yogurt with honey or maple syrup if you prefer a sweeter taste.
3. Dip each banana half into the yogurt mixture, ensuring they are well-coated.
4. Roll the yogurt-coated bananas in the whole-grain cereal until fully covered.
5. Place the pops on a parchment-lined baking sheet and freeze for at least 2 hours.
6. Once frozen, enjoy your delicious and healthy : Frozen Banana Cereal Pops!

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