

Print this out and fold in half for an instant recipe card.

Cheerios® Frozen Bananas

Prep Time: 10 Min | Start to Finish: 1 hr 10 Min | 8 Servings

- 4 firm ripe bananas
- 8 flat wooden sticks with round ends
- 1 to 2 containers (6 oz each) Yoplait® Thick & Creamy yogurt (any flavor)
- 3 cups Honey Nut Cheerios® cereal

-----fold here-----

Cheerios® Frozen Bananas

Directions

- 1.** Cover cookie sheet with waxed paper. Peel bananas; cut bananas crosswise in half. Insert wooden stick into cut end of each banana half.
- 2.** Roll banana halves in yogurt, then in cereal to coat. Place on cookie sheet. Freeze until firm, about 1 hour.
- 3.** Wrap each banana half in plastic wrap or foil. Store in freezer.

Purchasing: Look for the wooden sticks in packages at the grocery store or at craft shops.

1 Serving: Calories 130 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 80mg; Potassium 270mg; Total Carbohydrate 29g (Dietary Fiber 2g); Protein 2g % Daily Value: Vitamin A 8%; Vitamin C 20%; Calcium 10%; Iron 15%; Vitamin D 8% Carbohydrate Choices: 2

Yoplait is a registered trademark of YOPLAIT Marques Internationales SAS (France) used under license. 2011 © and ®/™ of General Mills