

Banana & granola breakfast pops



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Preparation 20 mins + freezing time | Makes 10

These pops are terrific for a cool breakfast, brunch or a snack on the go. You'll need 10 paddle-pop sticks for this recipe.

- 5 ripe bananas, peeled and halved
- 1 tbs lemon juice
- 1 cup reduced fat thick vanilla bean yoghurt
- 4 cups granola or cluster breakfast cereal

STEP 1 Peel bananas and brush with lemon juice. Thread bananas lengthways onto paddle-pop sticks.

STEP 2 Place yoghurt into a shallow bowl and the granola or cereal onto a dinner plate. Dip each banana into the yoghurt and spoon over granola or cereal, pressing to coat the banana. Place onto a tray lined with baking paper and chill for 4 hours or overnight then serve.

Good for you... **BANANAS**

An excellent source of vitamins B6 and C. Vitamin B6 is needed for the body's nervous system and vitamin C helps protect us against infection. One banana provides almost 30 per cent of your daily vitamin C requirements. A good source of dietary fibre and also provides potassium. The body needs potassium to balance sodium (from salt) and maintain healthy blood pressure.

