Let’s Go Bananas!

What is **CREAMY**, can turn into a **POPSICLE**, yet is also **NUTRITIOUS** and **LOW** in calories?

...Bananas!

Frozen Bananas are a low calorie, nutritious, and affordable option to satisfy your dessert cravings.


Bananas get sweeter with time. Use ripened bananas with brown spots and freeze them overnight for a sweet, cool treat.

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Try Banana Pops!
Cut 4 bananas in half. Stick craft sticks through the middle on one end. Freeze bananas for at least 4 hours, or ideally overnight. Dip 3/4 of banana in melted chocolate and roll in nuts of your choice. Enjoy immediately or freeze for later.

Try Creamy Banana Ice Cream!
Slice ripe bananas and store in airtight container overnight. Blend frozen bananas in a food processor. Optional: Add a splash of milk. Garnish with nuts, fruits, or chocolate chips.

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**Health Tip of the Month**

**Try Häagen-Dazs**

- 300 calories
- 13g saturated fat
- $1.50

**Try Peanut Banana Pops**

- 182 calories
- 3g saturated fat
- 78 cents