

Crispy Banana Pops



PREPARATION TIME
20 minutes



COOKING TIME
none



PERFECT PARTNER
flavored seltzer



Give generic or bagged cereals a try. Because of high advertising costs, brand-name boxed cereals are more expensive—but not necessarily tastier or more healthful.

SHOPPING LIST

- crisp rice cereal • peanuts
- miniature chocolate chips
- bananas

ON HAND

- corn syrup

INGREDIENTS

- 2 medium bananas
- 1/4 cup crisp rice cereal
- 1/4 cup miniature chocolate chips
- 2 tablespoons finely chopped peanuts
- 1 tablespoon light corn syrup

SERVES 4

COOKIN' Express

- An inexpensive mini food processor or chopper will not only save you preparation time, it will save you cleanup time as well.
- Instead of dirtying a bowl with the cereal mixture, mound it on a waxed-paper lined plate. Then just lift the paper up, spreading the cereal mixture around the bananas to coat. This will keep your hands clean, too!

Make Ahead

Need a breakfast idea for finicky eaters? Coat a double-batch of bananas; freeze in freezer bags. Then just remove from freezer and hand out pops for a grab-and-go breakfast!

♦ VARIATION

Replace crisp rice cereal with another cereal that you have on hand. Crush large flakes so they will adhere to the bananas.

1 Line a large plate with foil. Cut each banana crosswise into halves. Insert a wooden popsicle stick into cut end of each banana half. Place on prepared plate.



2 Cover bananas with plastic wrap. Place in freezer until firm, about 10 minutes.

3 Combine cereal, chocolate chips and peanuts in a shallow bowl; mix well. Uncover frozen bananas and brush with corn syrup.



4 Roll bananas in cereal mixture to coat. Loosely wrap each coated banana with plastic wrap. Store in freezer for about 10 minutes or until serving time. Serve frozen.