

# FROZEN YOGURT BANANAS

ASK AN ADULT TO ASSIST!

## SUPPLIES

- Ripe bananas
- Wood popsicle sticks
- Metal baking sheet or sheet of aluminum foil
- Yogurt
- Bowls for toppings
- *Toppings of your choice:* chocolate chips, chopped nuts (peanuts, almonds, etc.), shredded coconut, sprinkles, crushed graham crackers or cookies, crushed cereal, mini marshmallows, peanut butter (for drizzling)

## ACTIVITY PREPARATION

- Clear a counter or table area and wipe clean before following instructions.

## LEARNING OUTCOMES

**Fine motor skills, Sorting, Encourage new tastes, Curiosity and Explore senses**

- **Fine motor skills.** Have your child practice **peeling the bananas, cutting the bananas** with adult assistance and **inserting the wood popsicle sticks**. All these tasks help build hand-eye coordination and develop fine motor skills that they will use in everyday life.
- **Build basic math skills.** Have your child help by **sorting the different toppings and counting the banana halves**. Ask them what steps come first, second and third as you read through the recipe together. You can introduce new words to their vocabulary and promote literacy. Following steps in the recipe can also help with listening skills.
- **Encourage them to TRY!** When a child can actively participate in the creation of a recipe, it encourages them to try their creations. While you follow the recipe, **have your child taste the toppings before adding them to the pop**. Encourage your child to talk about what they like and how each can help them grow.
- **Explore senses.** Kids learn by exploring with their senses so the kitchen is an ideal place. Ask them to use different senses along the way and be sure to compliment their efforts.

## Ways Kids Can Help

- Peel and cut bananas
- Place bananas on the baking sheet or wax paper
- Prepare and select the toppings
- Decorate the bananas



For more information, visit [FloridaMilk.com/in-the-schools](https://FloridaMilk.com/in-the-schools)





## INSTRUCTIONS

1. **Prepare Bananas:** Peel bananas and with the help of an adult cut in half crosswise. Insert a wood popsicle stick into cut end of each banana half, creating a banana pop.
2. **Dip:** Put yogurt and toppings in individual small shallow bowls. Dip each banana into the yogurt. Then, add toppings of your choice, rolling and pressing gently to coat the banana evenly. You can try different combinations of toppings on each banana pop!
3. **Freeze:** Place banana pops on a baking sheet lined with wax paper or directly on a sheet of aluminum foil on a plate. Make sure they are not touching each other. Transfer baking sheet to freezer and let banana pops freeze for at least 2 hours, or until completely firm.
4. **Serve:** Enjoy banana pops immediately, or return to freezer if not eating them right away. Store in the freezer for up to a week.

