



Dart's Dish on healthy eating!

Banana Pops

Ingredients: 1 large banana, 1/2 cup crisp rice cereal, 2 tbsp orange juice, 2 tbsp honey

Directions: Peel banana and cut into four pieces. Insert a popsicle stick into the end of each piece. Mix together honey and orange juice and dip bananas in mixture. Roll in crushed cereal. Freeze until firm.
Makes four servings.



FAMILY ENGAGEMENT