Frozen Chocolate Peanut Butter Banana Pops

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Servings: 16

1 cup semi-sweet chocolate chips
1/2 cup creamy peanut butter
8 large bananas, peeled and cut in half
16 wooden ice pop sticks colored sprinkles (for garnish)

Preparation Time: 30 minutes Freeze Time: 6 hours

In a one-quart saucepan over low heat, melt the chocolate chips and peanut butter, stirring constantly, until smooth. Let cool slightly. Then pour the chocolate mixture into a tall glass.

Place a wooden stick in the cut end of each banana, then dip into the warm chocolate mixture. Spoon sprinkles over the banana. Place on a wax-paper-lined tray.

Freeze for at least six hours or overnight.

Per Serving (excluding unknown items): 54 Calories; trace Fat (4.2% calories from fat); 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium.

Exchanges: 1 Fruit.