



Granola PB Banana Pops

 Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



166 kcal

DESSERT

Ingredients

- 15 celery stalks (with round ends)
- 5 medium banana (ripe, peeled, cut into thirds (2- to 3-inch pieces))
- 0.3 cup creamy peanut butter
- 1 cup peppermint candies (white, melted)
- 0.5 cup cereal (dark)

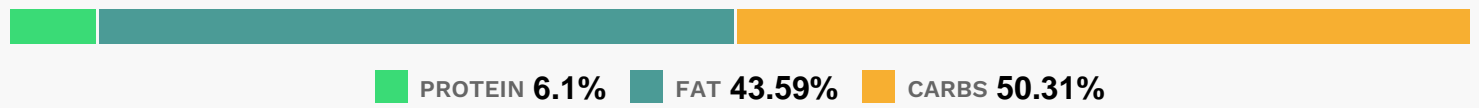
Equipment

- baking sheet
- aluminum foil

Directions

- Line cookie sheet with foil. Insert wooden craft stick into each banana piece.
- Spread peanut butter on bananas.
- Place on cookie sheet, and freeze 10 minutes.
- Spread melted chips on bananas to cover completely. Break up any large pieces of granola.
- Sprinkle granola on bananas.
- Place on cookie sheet. Freeze at least 20 minutes until set.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:4.48, Inflammation Score:-1, Nutrition Score:3.5156521921896%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 165.87kcal (8.29%), Fat: 8.52g (13.11%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 20.62g (7.5%), Sugar: 15.09g (16.77%), Cholesterol: 0mg (0%), Sodium: 33.16mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Manganese: 0.28mg (14.12%), Vitamin B6: 0.17mg (8.56%), Fiber: 1.5g (6.02%), Magnesium: 22.03mg (5.51%), Potassium: 191.24mg (5.46%), Vitamin B3: 0.88mg (4.42%), Vitamin C: 3.55mg (4.3%), Vitamin E: 0.6mg (3.99%), Phosphorus: 36.15mg (3.61%), Folate: 14.39µg (3.6%), Calcium: 32.83mg (3.28%), Copper: 0.06mg (3.1%), Vitamin B2: 0.05mg (2.74%), Vitamin B1: 0.03mg (2.1%), Vitamin B5: 0.21mg (2.1%), Iron: 0.36mg (2.01%), Selenium: 1.29µg (1.84%), Zinc: 0.25mg (1.7%), Vitamin K: 1.56µg (1.49%)