

# Banana-Pops



Recipe makes: 3 pops  
Prep time: 30 minutes

This low protein banana-pop recipe is the perfect sweet snack for adults and kids alike! These banana-pops are great for those on a low protein diet.

## Ingredients

7 x 25 g Vitabite™ bars  
3 medium-sized bananas, peeled

## Directions

- 1 Melt Vitabite™ bars in a heatproof bowl over a pan of boiling water.
- 2 Peel the bananas, slicing off one end to form a flat side.
- 3 Push the pop sticks into the flat sides of the bananas.
- 4 Holding the pop stick, dip each banana in the melted Vitabite™ bars. Use a spoon to make sure that the banana is evenly covered.
- 5 Decorate with any permitted toppings (ex. sprinkles, white icing, etc.).
- 6 Chill in the refrigerator for 10 minutes or until set.

## Top Tip

Freeze the banana before you cover with the melted Vitabite™ bars for a frozen banana-pop!

## Nutrition Info Per Serving (1 pop):

Calories: 430 | Protein: 1.4 g | Phenylalanine: 64 mg

Always consult your healthcare professional before making any changes to your diet.

Vitabite is a food for special medical purposes and must be used under medical supervision.  
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