

# BANANA POPS

**Recipe makes**  
3 pops

**Prep time**  
30 minutes

## NUTRITION INFO PER SERVING

(1 pop)

**Calories** 430

**Protein** 1.4 g

**Phenylalanine** 64 mg



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!

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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