



Frozen Chocolate Covered Bananas

Ingredients

- Banana, cut in half
- Popsicle sticks
- Chocolate chips (for melting)
- Toppings
 - Shredded coconut
 - Sprinkles
 - Drizzles
 - Caramel
 - Melted PB

Directions

1. Melt the chocolate chips over medium/low heat.
2. Pour chocolate onto a edged plate or shallow bowl.
3. Stick the popsicle sticks into the bottom of the banana
4. Roll the banana in the chocolate (or drizzle on top)
5. Add toppings of choice
6. Lay flat on a parchment lined plate and freeze for several hours. ENJOY!



NUTRITIOUS SUMMERTIME SWEETS

By: Jessica Gust, MS, RDN

During the summer months, children love to cool off with frozen sweet treats. However, it can be challenging to limit added sugars if you're not careful. Here are a few of my favorite tips for providing sweets options in a fun way, while also limiting added sugar.

1. **Give them options**: Always have a few options of nutritious frozen treats on hand. Giving them an option between two choices will give them a sense of autonomy. They will be more likely to enjoy the treat because they have a choice. Here are a few of my favorites:
 - a. Frozen banana with chocolate drizzle (see recipe on the left)
 - b. Popsicles with no added sugar (I love to make them myself in the summer with frozen fruit and popsicle molds. There are also some great store brands, such as "Goodpop.")
 - c. Chilled/frozen watermelon wedges
 - d. Frozen yogurt tubes (regular tube yogurt, placed in the freezer)
2. **Don't be discouraged by a "no"**: Children may not be enthusiastic about a new food the first time they encounter it. Keep trying! Many kids need multiple exposures to something new.
3. **Hands-on**: Food play is fantastic for children. Have them help you make the new sweets you would prefer they eat.
 - a. For the frozen bananas on the left, they can cut the bananas, dip them in the melted chocolate, and add the sprinkles.
 - b. For homemade popsicles, they can help you blend the fruit, and add them to the molds.
 - i. Experiment with adding frozen veggies too (frozen cauliflower, avocado, and spinach work great with fruit in popsicle molds!)
 - c. When children help prepare food, they are often more willing to try it.

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