

## Frozen Crunchy Bananas

### Ingredients

3 ripe bananas, peeled and cut in half

6-ounce container honey flavored 0% Greek yogurt

1.5 cups toasted low-calorie granola

2 tablespoons cinnamon

1 teaspoon nutmeg



Makes 6 servings

Prep Time: 10 minutes

Total Time: 4 hours 10  
minutes

### Preparation

Skewer banana halves with popsicle sticks. Roll each skewered banana in cinnamon and nutmeg. Then roll them in the Greek yogurt, followed by the granola. Wrap in plastic wrap and freeze for 4 hours. Enjoy!

-By <http://www.joybauer.com/healthy-recipes/frozen-crunchy-bananas/>

