

Week 4: LET'S COOK

Frozen Banana Lollies

Ingredients

2 bananas

4 large strawberries

100g natural yogurt

200g dark chocolate

1 tbsp hundreds and thousands

You will also need:

4 wooden lolly sticks



Method

1. Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.

2. When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.

3. Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.

4. Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.



5. The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.



Great for a hot summer's day treat!