

Leaps & Bounds
Honey & Banana Crunch Pops!!!

High in Carbohydrates
A source of Iron and Fibre
Low in Fat and Salt

WHAT WILL YOU NEED?

- Banana (1 per person)
- Honey
- Rice bubbles $\frac{1}{4}$ cup (placed on a plate)
- Icy pole / paddle pop stick

ALL YOU NEED TO DO IS....

- Peel the banana
- Carefully push the stick into the banana, leaving enough stick to hang onto!
- Drizzle honey over the banana
- Roll the honey banana into the rice bubbles
- Eat it up! Yummy.

