



**LIMIT  
'SOMETIMES'  
FOODS**

## Boo-nanas

Makes 8 boo nanas

### Ingredients:

- 4 firm bananas
- 125 grams reduced-fat Greek yoghurt
- 16 sultanas for the eyes
- 100 grams desiccated coconut, for rolling

### Utensils needed:

- Wooden sticks
- Baking tray (make sure it will fit in your freezer space)
- Baking paper
- Knife for cutting bananas
- Chopping board
- Mug for yoghurt



### Method:

1. Line a tray with baking paper
2. Cut each banana in half
3. Carefully put a wooden stick into the bottom of each piece of banana and place on the baking paper.
4. Put some yoghurt into a mug, enough so that when you dip the banana in it can be completely covered.
5. Scatter desiccated coconut onto a plate.
6. Dip the bananas one at a time into the yoghurt and then roll in coconut. Return to the baking paper.
7. Gently press sultanas in for 'eyes' – you might like to use a little bit of extra yoghurt to help them stick.
8. Put the boo-nanas into the freezer until you're ready to serve them. Before serving, make sure they're a safe texture (soft enough to bite through).