

# Health & Nutrition Sciences

## Low FODMAP Bare Chips Coated Fruit Popsicles

Created by Alyssa Lavy, MS, RD, CDN



### INGREDIENTS (yields about 18 servings\*)

- 2 ½ C whole strawberries
- 2 medium bananas, unripe
- 3.5 oz dark chocolate
- ½ C Bare Strawberry Banana Chips
- ½ C Bare Coconut Chips

\* 1 serving is equal to 1 popsicle, and servings may vary slightly depending on the sizes of the strawberries

### MATERIALS

- Stovetop or Microwave
- Popsicle sticks
- Mini food processor (or blender or rolling pin)
- Silicone mat or wax or parchment paper
- Small baking tray

### NUTRITION FACTS (per serving)

**Calories:** 67  
**Total Fat:** 3g  
**Saturated Fat:** 2g  
**Trans Fat:** 0g  
**Cholesterol:** 0mg  
**Carbohydrates:** 9g  
**Total Sugar:** 6g  
**Fiber:** 2g  
**Protein:** 1g  
**Sodium:** 9mg  
**Calcium:** 7mg

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## DIRECTIONS

1. Crush Bare Coconut Chips in a mini food processor by using the chop function to create small pieces, until the texture is similar to that of breadcrumbs. If you do not have a mini food processor, you can also do this in a blender or you can manually crush the Bare Chips by placing in a plastic bag, closing the bag and rolling the chips with a rolling pin until they are crushed. Place in a bowl and set aside.
2. Repeat step 1 using the Bare Strawberry Banana Chips and place in a separate bowl. Set aside.
3. Wash and pat dry the strawberries. Slice the top of the strawberry so the green leaves are removed. Set aside.
4. Peel the bananas and slice each banana into thirds. Set aside.
5. Melt the chocolate. You can do this using a double boiler method or using a microwave. For the double boiler method, fill a medium-sized saucepan about halfway with water, bring to a boil and place a glass, heat-stable bowl over the saucepan. Then, add the chocolate and stir as it melts. Remove the bowl from the heat using a potholder and place on a heat-safe surface. If using the microwave instead of the stove, simply break up the chocolate into pieces, microwave on high for 30-second intervals, and stir with a spoon. Repeat this until the chocolate is smooth and melted, about 90 seconds total.
6. Line a small baking sheet with either a silicone mat or parchment or wax paper – this will be placed in the freezer once the popsicles are made. Set aside.
7. Place one popsicle stick inside each piece of fruit, inserting the stick about halfway through the fruit (for the strawberries, stick the popsicle through the top of the strawberry). Dip each fruit into the melted chocolate, ensure a nice coating, then use a clean spoon for each bowl of crushed Bare Chips to spoon a spoonful of the mixture on to each fruit. The chip mixture should stick to the chocolate coating. Place the chocolate-dipped and chip-coated fruit on the baking sheet. Repeat for each of the remaining pieces of fruit so that the chocolate and chip mixture is completely used.
8. Place baking sheet on a shelf in the freezer and allow popsicles to freeze for at least 2-3 hours. Enjoy! These can be stored in a bag or container once frozen so you can enjoy them all summer long!



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Alyssa Lavy, MS, RD, CDN is a registered dietitian who believes that food should be satisfying, nourishing and delicious. She is the owner of Alyssa Lavy Nutrition & Wellness LLC, a private practice based in Connecticut with a focus on digestive health. She provides in person and virtual nutrition counseling with a highly individualized approach, as well as personal training and nutrition consulting for businesses. Alyssa regularly contributes to national media outlets, such as *Women's Health*, *Shape*, *Reader's Digest*, *Cooking Light* and more. You can follow her on Instagram @alyslalavyrd and Facebook @alyslalavynutrition. You can also visit her website and view recipes and nutrition news on her blog at [alyslalavy.com](http://alyslalavy.com) or contact her directly at [alyslalavy.com](mailto:alyslalavy.com).



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