

Chocolate-Covered Katie

the healthy dessert blog



home recipes about press f.a.q. search this website

Breakfast Banana Pops

It's like summer
Kid Friendly!

Today's post is more of a fun idea than an actual recipe. It's for people who hate making something that's darn easy to make.

When I was little, my mom made "banana pops" weekly during the summer. They were bananas in a yogurt coating, rolled in granola and crushed chocolate chips.

Breakfast Banana Pops

(2 bananas makes 4 pops)

- bananas (Or try this idea with strawberries, pineapple, etc.)
- yogurt of choice (Wholesoy, Almond Dream, Silk, etc.)
- granola of choice, or crushed cookies, or even S'mores Graham Crackers
- add-on ideas: mini chocolate chips, coconut shreds, cinnamon sugar, raisins, etc.
- popsicle sticks or silverware to insert in the bananas

Procedure: Pour granola into a very shallow dish or plate. Peel bananas, cut in half, and insert popsicle sticks. Dip into yogurt (or coat with a knife), then roll into granola and add-ons. (I stuck the chips on by hand, after rolling in the granola.) Place on a parchment or wax-lined tray and freeze. Keep uneaten pops in the freezer.

[View Nutritional Info](#)

If you're anything like me (or if your weather is anything like Texas'), you cringe at the thought of heating up the oven when it's so hot outside. That's why I've been focusing so much on the no-bake recipes lately. You can see more of them [here](#).

These pops are great for snack or as part of breakfast. For a balanced breakfast (especially good for cooling off after a hot morning workout), I recommend serving with something savory.

Such as one of my favorite recipes, [Eggless Breakfast Scramble](#).

Question of the Day:

Did you like helping out in the kitchen as a kid?

I especially liked doing dishes!

I also rolled cookies (and ate the dough), stirred ingredients, peeled carrots... and my sister and I would always fight over who got to mash potatoes. But mostly... I liked eating the cookie dough. Big help I was.

Side note: I know a lot of people have asked about the boy, and I'll write more about it later this week. I wasn't sure how to introduce him, and I guess I picked an awkward way of doing it. Also: I currently have over 7 pages of unanswered recipe questions from readers, so if you asked a question and haven't heard back from me, please know I'm doing my best to answer as many as possible in a timely manner. I know it sucks to type out a question and never receive an answer. (If you ever know the answer to a question someone's asked on one of my posts, please feel free to jump in and answer!)

[Pin it](#) 1 [Share](#) 11K

Filed under: Breakfast, "No-Bake", Kid-Friendly

Chocolate Cake...with a crazy ingredient!

Want to hear something crazy?

This might be the most "out there" recipe I've ever posted.

Originally, I was hoping to save the recipe for my cookbook. But I can't keep it to myself any longer. This chocolate cake is too good to not share!

Extreme Chocolate Cake (topped with my [Reeses Pieces Frosting](#)).

And no, the secret ingredient is not beans.

My boyfriend has proclaimed this to be "the best chocolate cake I've ever put in my mouth." And that's saying something, because he is not into healthy eating.

Of course, when he said this, he didn't yet know what was in it.

If I tell you the secret ingredient that makes this cake so soft and delicious, will you promise to still give the recipe a chance? It's pretty fun to test the cake out on people who don't know what's in it beforehand. Watch their shocked reactions when you reveal the hidden ingredient: cauliflower!



Crazy Ingredient Chocolate Cake

A [Healthy Dessert Recipe](#) (and can be oil-free).

- 3/4 cup spelt flour or white flour or Arrowhead Mills gf (120g)
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp baking powder
- 1/4 cup unsweetened cocoa powder (20g)
- 2 tsp ener-g powder, or 1 flax or chia egg. You can omit; the cake just won't rise as much.
- 1/3 cup xylitol or sugar (64g)
- 1/8 tsp uncut stevia or 4 nunaturals packets (or 1/4 cup more sugar)
- 1/2 to 1 cup mini chocolate chips (60-120g) (Do not omit. The recipe just won't be the same if you do.)
- 1 tbsp pure vanilla extract
- 2 cups frozen cauliflower, thawed completely (250g) (You can omit and sub 1 cup canned pumpkin, if this is too weird for you.)
- 1/2 cup milk of choice (subtract 1 tbsp if using flax or chia egg)
- 3 tbsp oil, or omit and increase milk to 2/3 cup

Preheat oven to 350F, and grease an 8x8 square baking dish. Combine all dry ingredients in a bowl, and mix very well. Combine all liquid ingredients and the cauliflower in a food processor and blend until super-smooth, so there are NO lumps whatsoever. (See nutrition link below, for an option if you don't have a food processor.) Pour wet into dry, and mix until just combined, then pour into prepared pan and bake 30 minutes. (Or you can try my super-goopy way: bake only 14 minutes and then leave uncovered in the fridge overnight, and it'll firm up and turn out like fudge! Not everyone likes this undercooked texture; I wouldn't serve my goopy version to anyone but me!) Let cool completely. After a day, this cake is best stored in the fridge. (Edit: I frosted with my Reeses Chocolate Frosting, linked below the second photo in this post.)

[View Nutrition Information](#)

Question of the Day:

Will you be brave enough to try this recipe?

I know it sounds crazy. But back when I posted the [White Bean Blondies](#), people thought that was crazy, and look how the bean-dessert trend has taken off.

Edited: apparently some other bloggers have put cauliflower in dessert too. That gives me hope; I'm not the only crazy one!

[Pin it](#) 1 [Share](#) 11K

Filed under: [Chocolate](#), Healthy, Baked Goods, Dessert

Copyright © 2012 Chocolate-Covered Katie. All rights reserved.



ADVERTISEMENT

foodbuzz today's top 9 view all 9 »

1 Strawberries, Peaches And B... by: eatyourselfskinny

RECENT POSTS

Guy Food...the healthy way!

Chocolate Nutella Milk

Skinny Vanilla Cupcakes

No-Bake Oreo Cookies!

Do you know what a chocoholic eats for lunch?

Strawberry Frosting Shots

Brownie Batter Frozen Yogurt

Spaghetti Squash Lo Mein

Snack...and exciting news!

Mint-Chocolate-Chip Fudge Pops

10 Healthy Summer Recipes

Chocolate-Chip Cookie Pie...without sugar!

Coffee Frappuccino Oatmeal

Chocolate-Covered Highlights

The Best Healthy Chocolate-Chip Cookies

ARCHIVES

Select Month

ADVERTISEMENT

today's top 9

1 Strawberries, Peaches An... by: eatyourselfskinny

2 Banana Pudding Poke Cake by: thecountrycook

3 Summer Fruit Kuchen by: athoughtforfood

view all 9 »

foodbuzz