Banana Pops

1 1/3 cups topping, such as toasted coconut, candy sprinkles or graham cracker crumbs
4 bananas, peeled
8 wooden craft sticks
1/2 cup honey

Spread toppings of your choice on a plate or plates. Cut bananas in half crosswise. Insert a craft stick into each cut end.

To assemble, hold 1 banana over plate or waxed paper to catch drips. Spoon about 1 tablespoon honey over banana, rotating and smoothing honey with back of spoon to coat all sides. (Or squeeze honey from a plastic honey bear container and smooth out with spoon.) Roll banana in topping of choice until coated on all sides, pressing with fingertips to help topping adhere. Place pops on waxed paper-lined cookie sheet. Repeat with remaining bananas, honey and toppings. Serve at once. **Makes 8 servings.**

Honey, Care to Take a Dip

1 pint (16 oz.) low-fat plain yogurt
1/4 cup honey
2 tablespoons orange juice
1/2 teaspoon grated orange peel
Assorted fruits for dipping such as sliced apples, pears and strawberries

Combine yogurt in a small bowl with honey, orange juice and orange peel; mix well. Serve with sliced fruit. **Makes 2 1/4 cups.**