

Frozen Chocolate Banana Bites

yield: 4 SERVINGS

cooling time: 40 MINUTES

prep time: 20 MINUTES

total time: 1 HOUR



INGREDIENTS

2 ripe bananas

$\frac{3}{4}$ cup chocolate chips
or chopped chocolate

1 tbsp coconut oil*

$\frac{1}{2}$ cup toppings

Customize these bites any way you'd like to enjoy as a convenient, refreshing, healthy, bite-size snack.

INSTRUCTIONS

1. Line a baking sheet, plate, or container with nonstick foil or parchment paper.
2. Slice bananas into $\frac{1}{2}$ inch pieces & freeze on sheet for 30 minutes.
3. Melt chocolate & oil in microwave; stir every 30 seconds until smooth.
4. Dip each slice in melted chocolate using fork, & place on sheet.
5. Add desired toppings to each slice.
6. Place in freezer again for 30 minutes.
7. Serve or freeze in airtight container.

Toppings: sprinkles, nut/seed butter, coconut flakes, chopped nuts, freeze dried fruit, toasted hazelnuts, marshmallows, white chocolate chips or drizzle, crushed oreos, granola, crushed dry cereal.

Oil Substitutions: canola, vegetable, extra-virgin, avocado oils.

Storing: store in a freezer-safe, airtight container for up to 3 weeks.

Alternative Method: cut bananas into halves (rather than slices) & insert popsicle stick, then follow same dipping directions.