

Farm Market Recipe



Chocolate-Dipped Frozen Banana Bites

Ingredients:

- 3 large bananas
- ¼ cup natural peanut butter (chunky or smooth)
- ¾ cup chocolate chips

Directions:

1. Cut each peeled banana in half lengthwise. Spread each half with peanut butter. Place the banana halves together to make banana “sandwiches.” Cut 8 rounds from each banana “sandwich.” Place the banana bites on a parchment paper or wax paper-lined baking sheet or tray and freeze for at least 2 hours or overnight.
2. Place chocolate chips in a microwave-safe bowl and microwave on High, in 15-second increments, until melted (1 to 1½ minutes total). Dip half of each frozen banana bite in the chocolate. Let stand until the chocolate is set. If not serving immediately, return to the freezer.

Tips:

To make ahead: Store in the freezer in a covered container for up to 1 month. Eat directly from the freezer.

Nutrition Facts:

Servings: 24 Serving Size: 1 banana bite

Per Serving: calories 58; protein 1g; carbohydrates 8g; dietary fiber 1g; sugars 5g; total fat 3g; calcium 3mg; iron 0mg; sodium 10mg.

Recipe from eatingwell.com