



# Chocolate PB Banana Bites

Servings 10 | Prep time 1 hour 15 mins. |

Total time 1 hour 15 mins.

**Equipment:** Baking sheet, Wax paper or aluminum foil, Small microwave-safe bowl

**Utensils:** Knife, Fork or spoon for stirring, Measuring cups and spoons

## Ingredients

3 ripe bananas

1/4 cup smooth peanut butter

1/2 cup dark chocolate chips

2 teaspoons vegetable oil OR canola oil

# Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Peel and slice bananas into 1/4 inch thick coins. Line a large plate or small baking sheet with wax paper or aluminum foil.
3. Place about 1/4 teaspoon of peanut butter on half the banana slices. Top with another slice to form a banana peanut butter sandwich. Repeat until all banana slices have become sandwiches making about 30 bites (around 10 “sandwiches” per banana.)
4. Place bites on prepared baking sheet, and put into freezer to harden, about 30 minutes to 1 hour.
5. After banana bites are frozen, begin to melt the chocolate. Add chocolate chips and oil to a small microwave-safe bowl, mix gently so oil is distributed among chocolate evenly. Microwave for 1 minute, stir and microwave in additional 30 second bursts until chocolate is completely melted. Do not exceed 2 minutes of melting time, as chocolate may burn.
6. After chocolate has melted, remove frozen banana bites from the freezer. Dip each frozen banana bite into the melted chocolate so the bottom half of each bite is coated in chocolate.
7. Place chocolate covered bites back on to the lined baking sheet. Once all sandwiches are dipped return to the freezer for 15 minutes or until chocolate is frozen. Serve immediately.

## Nutritional Information:

Calories 120   Total Fat 7g   Sodium 30mg   Total Carbs 14g   Protein 1g