

Chocolate Covered Frozen Bananas

Note: This recipe makes 6 frozen bananas. It can easily be altered to make more or less. You can approximate the chocolate and nut measurements, but keep in mind it is better to be left with too much in the end, rather than too little.



Ingredients:

- 3 ripe bananas
- 6 popsicle sticks
- 1/3 cup peanuts, cashews, or other nut of your choice
- 90g dark chocolate (about 9 big squares, OR 1/2 cup of semisweet chocolate chips)

Directions:

- Cut the bananas in half. Insert a popsicle stick into each banana about 3/4 of the way in, starting from the side that was sliced.
- Place the bananas in the freezer for about 30 minutes. In the meantime, prepare the toppings.
- Crush the nuts into small pieces using a food processor. Alternatively, place them in a sandwich bag and use a rolling pin to crush them.
- Melt the chocolate in the microwave on a medium/medium-high setting. After 30 seconds, remove it and stir, then melt for an additional minute. Stir again, until the chocolate is smooth. Microwave for an additional 30 seconds if necessary.
- Remove the bananas from the freezer. Taking one banana at a time, cover the banana in chocolate using a spoon to spread the chocolate around the entire fruit. Sprinkle the nuts on top of the chocolate; rotate the banana to ensure that it is fully covered in nuts.
- Repeat with all the bananas, then freeze for about 2 hours before serving.

Serving tips:

- Allow the bananas to thaw for about 5 minutes before serving so they are easier to bite into.
- If you are eager, you can eat one of the chocolate covered bananas without freezing ☺