

# BANANA CHOCOLATE BITES



Makes: 30  
Prep: 15 mins  
Chill: 75 mins



Nutrition per 2  
bites:  
99 kcal  
6g Fats  
12g Carbs  
2g Protein



## WHAT YOU NEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- 1/2 cup (90g) dark chocolate chips
- 2 tsp. coconut oil

## WHAT YOU NEED TO DO

*Peel and slice the bananas. Line a tray or chopping board with baking paper.*

*Place about 1/2 teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.*

*Place the bananas on the prepared baking paper and store it in the freezer for about 1 hour.*

*Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.*

*Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.*

*Place the chocolate covered sandwiches back on the baking paper platter, and into the freezer for another 15-20 minutes.*

*Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.*

*The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.*

