



August 14- Frozen Chocolate Banana Bites

Smart Snack

Link: <http://www.thekitchn.com/how-to-make-chocolatedipped-frozen-banana-bites-cooking-lessons-from-the-kitchn-201522>

Recipe

Ingredients:

2 medium bananas

1 ½ ounces dark chocolate pieces (about 1/3 cup)

Directions:

1. Peel bananas. Slice bananas into ½-inch thick pieces. Line a baking sheet with waxed paper. Arrange banana pieces close together in a single layer on prepared baking sheet.
2. In a small saucepan, melt chocolate over low heat. Place melted chocolate in a small resealable plastic bag. Seal bag and snip off a tiny corner. Drizzle chocolate over banana slices. Cover and freeze for 1 to 2 hours or until frozen.
3. Divide bananas among four freezer containers or small resealable freezer bags. Freeze for up to 3 days.

Yield 4 servings

Nutrition Facts

Serving Size 1/2 banana
Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 35

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Sugars 12g

Protein 1g

Vitamin A 0% • Vitamin C 8%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.