



## 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.