

Spider Demo Kitchen

Chocolate Covered Frozen Bananas

yield: 4 svgs

Ingredients:

2 each	Bananas
2 cups	Dark chocolate chips
1 TBSP	Coconut oil
12	Toothpicks



Bonus: Dip bananas in crushed nuts or granola for extra crunch

Instructions:

1. Line cookie sheet with parchment paper.
2. Peel bananas, cut into 1 inch pieces and insert toothpicks into each piece. Place on cookie sheet and freeze for 30 mins.
3. In a microwave safe bowl, microwave chocolate chips and coconut oil for 30 seconds. Stir, and continue to microwave in 15 seconds increments, stirring well after each, until the chocolate is completely melted.
4. Remove bananas from freezer. Holding toothpick dip in chocolate and return to cookie sheet. Eat when chocolate is set or return to freezer for later.

Nutritional Information: Calories 275, Total Fat 15g, Saturated fat 9g, Cholesterol 0mg, Sodium 5mg
Total Carbohydrates 41g, Dietary Fiber 4g, Protein 2.5g VG CO GFI