



Frozen Chocolate Banana Bites

*A delicious chocolate dessert made from simple ingredients, great to enjoy on a hot summer day. With banana, chocolate, and peanut butter, this classic flavour combination delivers a sweet snack to satisfy that dessert craving, along with a source of **folate**, **fibre**, and **protein**, and an excellent source of **potassium**.*

Prep: 5 minutes • Total: 65 minutes

Ingredients:

Large Banana	2 each	2 each
Chocolate Chips	¼ cup	50 mL
Natural Peanut Butter	¼ cup	50 mL
Unsweetened Coconut Flakes	1 tbsp	15 mL

Directions:

1. Line a large, shallow Tupperware container with parchment or wax paper
2. Chop both bananas into 1-inch pieces. Each banana should give you about 5-6 pieces.
3. Melt chocolate chips and peanut butter together in the microwave on high for about a minute. Stir until smooth.
4. Dip banana pieces in chocolate-peanut butter mixture to coat (if bananas are cold, this may be tricky), then place in the prepared Tupperware. You can spoon any excess chocolate over the tops of the banana pieces.
5. Sprinkle with unsweetened coconut flakes.
6. Close container and freeze for an hour. Enjoy!

Hint: try crunchy peanut butter and leave out the coconut!

Nutrition Facts

Serving Size (87g)

Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 5g

Vitamin A 0% • Vitamin C 8%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: foodgawker

Makes 4 servings (87g /serving) • 1 serving = ½ a banana (~3 pieces)

Prepared By: Jennifer Broxterman, Registered Dietitian & Megan Firth, BScH Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca