

Chocolate Banana & Peanut Butter Bites

PREP TIME: 15-20 MINS

YIELDS: ~23-25 BITES (1/4 INCH SLICES)

Ingredients

- 1 banana, ripe but not mushy
- ¼ cup peanut butter, creamy
- ¼ cup semisweet chocolate chips
- Drops of oil as needed (see notes)

Qualities

- Texture: Soft/Chewy
- Scent : 1/10
- Spice Level: 0/10

Recipe Benefits

- Promotes Gut Health
- Anti-nausea
- Anti-inflammatory



Nutrition Content for ~5 bites

Calories: 168kcal	Carbohydrates: 17g
Fat: 11g	Fiber: 2.3g
Protein: 4g	Added sugar: 0g
	Sodium: 0.77mg

Directions

1. Cover a baking sheet with plastic wrap or parchment paper.
2. Cut the banana into ¼ inch slices and spread out on the covered baking sheet.
3. In a small bowl, soften the peanut butter by microwaving for 30 seconds.
4. Drizzle the peanut butter over the banana slices, or pipe otopop using a piping bag.
5. In a separate DRY bowl, melt the chocolate chips using the microwave (melt in 15 seconds intervals, mixing in between, to avoid overheating).
6. If chocolate is not a pourable consistency, add drops of oil to soften as needed.
7. Drizzle the chocolate otopop of the peanut butter covered bananas, or pipe using a piping bag.
8. Place bites into the freezer (uncovered) for 2-3 hours until the bananas are completely frozen.
9. Once frozen, remove from the baking sheet and transfer to a freezer safe storage container.
10. Place immediately back into freezer.



Chef Tips/Adjustments

- Oil for the chocolate can be fractioned coconut, canola, or vegetable. Other oils such as olive or avocado can also be used, but there may be a flavor change to the chocolate.
- The bites should be eaten while frozen, otherwise they will become mushy when defrosted.
- Recipe yield will vary depending on banana size (adjust quantity of bananas, peanut butter, and chocolate accordingly)
- Almond butter or seed butters can also be used.