



village health clinic
naturopathic medicine & midwifery care

Chocolate-Peanutbutter Dipped Frozen Banana Dairy-free, Gluten-free

Ingredients

8 medium bananas, peeled
8 wooden popsicle or plastic lollipop sticks
32-ounces non-dairy chocolate, chopped or chips
1/2-cup natural peanut butter

Dipping decorations: granola, chopped nuts, and toasted coconut

Method

Line a cookie sheet pan with waxed paper. Peel and cut each banana in half. Insert a popsicle stick or lollipop stick* into the cut-end of each banana, pushing the stick halfway in, leaving the other end exposed for use as a handle. Place the bananas on the sheet pan and freeze for at least 1 hour.

Melt the chocolate and peanut butter in a glass bowl over a saucepan of simmering water (or double boiler), stirring occasionally.

Arrange the dipping decorations on several flat plates. Working with 1 banana at a time, dip it in the chocolate/peanutbutter and turn to completely coat (spoon some on, if needed). Roll the dipped banana in the desired decorations, transfer to the sheet pan, and return to the freezer.

Once frozen, store the bananas in an airtight container.

*available at craft or kitchen supply stores