

Banana Chocolate Bites



INGREDIENTS

- 3 ripe bananas
- 1/3 cup natural peanut butter
- 1/2 cup dark chocolate chips
- 2 tsp. coconut oil

DIRECTIONS

1. Peel and slice the bananas. Line a tray with baking paper.
2. Place 1/2 teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. (Makes ~30 sandwiches)
3. Place the bananas on the prepared baking paper and store it in the freezer for about 1 hour.
4. Next, melt the chocolate chips and coconut oil in the microwave.
5. Once melted, dip each frozen banana sandwich into the melted chocolate so half of it is coated.
6. Place the chocolate covered sandwiches back on the baking paper platter, and into the freezer for another 15-20 minutes.
7. Once the chocolate is set, transfer the bananas into a container. Stores in the freezer for up to 1-2 months.
8. The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

