

HEALTHY COOKING CLASS

Warrior Health & Fitness Program



COMMUNITY HEALTH
& WELLNESS

Chocolate Covered Banana Pops

Makes 8 servings, Active: 30 mins, Total: 2 ½ hours

Ready to meet your new favorite summertime treat? Say hello to these Chocolate Covered Banana Pops! These 3-ingredient treats are made from simple and wholesome ingredients to create a satisfying and yummy dessert. They're easy to make, all-ages appropriate, and so refreshing on a hot summer day. Just in time for summer, the classic, beloved combo of bananas and chocolate gets a popsicle makeover with these adorable chocolate covered frozen banana pops.



Ingredients

4 Medium ripe but firm bananas

8 wooden craft sticks

3 Tablespoons finely chopped lightly salted peanuts

6 ounces good quality dark chocolate (60-70% cocoa solids), chopped

Directions

1. Peel, then cut each banana in half crosswise and insert a craft stick into each half. Place on a tray, cover with plastic wrap and place in the freezer until frozen, about 3 hours.
2. Place the peanuts in a shallow dish or on a plate. Melt the chocolate in the top of a double boiler over slightly simmering water, over the lowest possible heat, stirring frequently. Make sure the water is not touching the bottom of the top pan. Pour the melted chocolate into a tall glass.
3. Dip each frozen banana into the chocolate, turning it to coat, and immediately roll in the peanuts. Place on a tray covered in waxed paper. Serve immediately or wrap individually in plastic wrap or waxed paper and freeze for up to 2 weeks.

NUTRITION FACTS (Serving Size: 1 pop) Per Serving 179 calories, 11 grams Total Fat, 5 grams Saturated Fat, 0 milligrams Cholesterol, 15 milligrams Sodium, 3 grams Protein, 15 grams Carbohydrate

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