

Chocolate covered bananas

Makes about 10 servings, about three pieces per serving

3 bananas
1 cups chopped dark chocolate or semi sweet chips
1 teaspoon coconut oil

Toppings (optional):
Crushed nuts (almonds, peanuts, walnuts)
Shredded coconut
Crushed pretzels
Chopped dried fruit (cherries, blueberries, mango)



Slice bananas into 1/2 inch coins. Add chocolate to glass microwave safe bowl and microwave in 30 second intervals, stirring after each to distribute chocolate and continuing until melted. Once melted, use fork or toothpick to dip each coin in chocolate and then dip in topping of choice, if using. Lay each coin on a parchment covered baking sheet and freeze for 30-45 minutes. Store in airtight container in freezer.

Modifications: sub kiwi, strawberry, or mango for bananas. Add cinnamon, cardamom, or other spices directly to chocolate prior to melting.



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