

Chocolate Coated Frozen Banana



Frozen banana bites filled with hazelnut butter dipped in chocolate. A healthy bite size snack for when you need a chocolate fix!

Ingredients

3 bananas

80 g coconut oil

2 tbsp cocoa powder

100 g dark chocolate (70 or 80% Cocoa Dark chocolate is Vegan)

1 cup hazelnuts, skinless and roasted

1/2 cup cashews, roasted

1/4 tsp salt

1 tsp vanilla

Method:

1. Blend hazelnuts, and cashews in a food processor. Pulse until thick and creamy, occasionally stopping to scrape down the sides. Once blended add vanilla and salt and process until

combined.

2. Slice bananas into 1cm discs. Spread $\frac{1}{2}$ teaspoon of hazelnut butter in between 2 slices of banana like a sandwich and freeze on a baking tray for 2 hours or until hard.
3. Melt chocolate and coconut oil in a microwave safe bowl and microwave in 30 second increments on high, stirring until chocolate has melted. Add the cocoa powder and stir until all the lumps have dissolved and the mixture is smooth. Set aside to cool slightly.
4. Take out frozen bananas from the freezer, and dip into the chocolate to coat all sides, letting excess chocolate drip off before placing them back onto the tray. Refreeze straightaway. You want to work quickly and in batches as you don't want the bananas to be out of the freezer too long that they thaw.