

Peanut Butter Chocolate Banana Bites

Serving Information

Makes approximately
27 pieces

Ingredients

- 3 Large Bananas
- 6 Tbsp sugar free peanut butter
- 10 oz of dark chocolate

6g fat, 2g fiber, 9g sugars
100 calories, 12g carbs, 2g protein

Directions

1. Cut bananas into $\frac{1}{4}$ inch slices.
2. Spread peanut butter thinly onto a slice of banana, topping with another slice of banana.
3. Freeze for about an hour.
4. Melt dark chocolate.
5. Take out a few banana pieces at a time and dip them into the dark chocolate, then place them on a parchment paper lined baking sheet.
6. When done dipping all bananas, place baking sheet into freezer for additional 2 hours.
7. Once frozen, transfer to an airtight container and keep frozen.



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AND ENVIRONMENTAL SCIENCES