

Peanut Butter and Chocolate Banana Bites

Ingredients:

- 3 bananas, sliced
- 10 ounces dark chocolate chips
- 1/4 cup peanut butter or your favorite nut butter

Directions

1. Arrange half of the banana slices on a baking sheet lined with parchment paper.
2. Spread banana slices with peanut butter.
3. Top with the other half of banana slices and freeze for about one hour.
4. In the meantime, cut chocolate in pieces and put 2/3 of it in a microwave safe bowl. Microwave on medium power for 30 seconds, stir, then repeat in 15 second intervals until the chocolate has melted. Add 1/3 remaining chocolate and keep stirring until it is fully melted.
5. Remove bites from the freezer and dip them into melted chocolate. Remove excess chocolate and arrange on baking sheet.
6. Freeze at least 3 hours or until ready to serve. Store them in the freezer.

Nutrition Facts

Serving Size 2 Banana Bites (43g)
Servings Per Container 15

Amount Per Serving

Calories 120 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 11g

Protein 2g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

