

Chocolate Peanut Butter Banana Bites

These frozen chocolate covered peanut butter banana bites are the perfect healthy warm weather treat. Keep a batch in the freezer for easy snacking for you and the kids.

Ingredients & Utensils



Fresh Bananas: Amount depends on how many bites you would like to make.

Peanut Butter: If you would like to go super healthy, try using a natural, sugar-free butter.

Dark Chocolate Chips: The bites are delicious without them too.

Coconut Oil: This helps thin the chocolate and makes it easier to dip the bananas.

Wax Paper & Baking/Fridge Tray

How to Make the Bites:

Peel and slice the bananas into rounds of about 3cm thick.

Line trays with wax paper. Spread the peanut butter on a banana slice and top with another. It's like you're making little banana sandwiches! Place bites on the prepared trays and put in the freezer so they harden a bit.

Once your peanut butter banana bites have hardened, make your melted chocolate. Add the dark chocolate chips and coconut oil to a small bowl. Microwave for one minute, stir and microwave for another 30 seconds. Continue stirring and microwaving until all of the chocolate is melted – this shouldn't take more than two minutes total!

Take your frozen banana bites and dip them into the melted chocolate so half of each bite is coated - place them back on the tray. Once done, pop them back into the freezer and enjoy whenever you crave a deliciously healthy snack!

Supplement your child's growing mind & body!

To read more about our product range, visit www.brainchild.co.za