

## Frozen Chocolate-Covered Bananas

This delicious recipe is simple, fun, and sweet! Bananas contain fiber that supports digestive health. You can further boost the health benefits by using dark chocolate. Dark chocolate contains flavanols, an antioxidant that promotes blood flow and reduces inflammation. Enjoy this recipe on the next warm day to cool off!

### Ingredients

Recipe from [Eating Well](#).

4 servings

- 4 ripe bananas
- ¾ cup dark chocolate chips, melted (or chocolate of choice)
- ¼ cup roasted peanuts or topping of choice (optional)

### Additional Supplies

- 4 popsicle sticks
- Parchment or wax paper
- Baking sheet

### Directions

1. Line baking sheet with parchment or wax paper.
2. Insert popsicle stick into each banana.
3. Cover each banana with melted chocolate.
4. Sprinkle with toppings (optional).
5. Place bananas on baking sheet and freeze until frozen, about two hours.

### Tip

- To melt chocolate, microwave on medium for one minute. Stir then continue microwaving, stirring every 20 seconds until melted.

