

Frozen Chocolate Bananas

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(photo by: Yunhee Kim)

These crowd-pleasers are loaded with potassium and antioxidants. Double the recipe for playdates and parties.

Yield: Makes 4 servings

Active Time: 20 minutes

Total Time: 1 hour

ingredients

2 ripe but firm bananas

6 ounces dark chocolate, chopped, or semisweet chocolate chips

2 tablespoons vegetable oil

1/2 cup granola, chopped pecans and walnuts, or sprinkles (optional)

preparation

1. Line a baking sheet with nonstick foil or parchment paper.

2. Cut the bananas in half and insert a Popsicle stick into each half, as shown. Place them on the baking sheet and freeze for

15 minutes.

3. Meanwhile, melt the chocolate with the oil in a Pyrex measuring cup in the microwave (check it every 30 seconds) or in a half-full pan of simmering water (about 2 minutes). Stir until smooth.

4. Roll each banana half in the chocolate, then quickly sprinkle with your topping (if using).

5. Freeze until the chocolate sets, 30 minutes. Serve or freeze in an airtight container for up to a week.