

# HearingLife

## Enjoy a healthy treat this month!



Desserts

## Chocolate Peanut Butter Banana Bites

Prep Time: 15 minutes  
Cook Time: 3 minutes  
Freeze Time: 1 hour  
Total Time: 1 hour, 18 minutes  
Servings: 30 servings (may vary)  
Calories: 105 kcal  
Author: Melissa's Southern Style Kitchen

### INGREDIENTS

- 3 medium bananas (cut into ¼-inch slices)
- ⅓ cup peanut butter
- 1 11oz. package semi-sweet chocolate chips
- 2 teaspoons solid vegetable shortening or vegetable oil
- ½ cup finely chopped salted peanuts

### INSTRUCTIONS

1. Peel and slice the bananas into ¼-inch-thick rounds. Have nearby a sheet pan lined with wax paper.
2. Place peanut butter into a microwave-safe bowl. Melt in the microwave for 15-20 seconds or just until it's easily spreadable (it doesn't have to be hot).
3. Sandwich together two slices of banana with ½ teaspoon of peanut butter. Arrange on sheet pan. Repeat with the remaining slices. Freeze for at least 1 hour or until firm.
4. Place chocolate chips into a medium-size microwave-safe bowl with vegetable shortening or vegetable oil. Microwave on 50% power or using the melt function for 1 minute. Stir and continue to microwave in 30-second intervals until melted and completely smooth.
5. Using a fork, dip each frozen banana bite into the melted chocolate, covering completely. Return to the baking sheet. Sprinkle the tops with chopped peanuts while the chocolate is wet.
6. Freeze for 30 minutes or until chocolate is set.
7. Transfer to a freezer-safe container to store for up to 2 months.

