



CHOC-DIPPED FROZEN BANANAS



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Preparation 15 mins + chilling time | Cooking 1 mins | Makes 6

3 just-ripe large bananas
250g pkt milk chocolate melts

For sprinkling – choose from:

- Trail seed & nut mix
- Yoghurt coated raisins
- Shaved coconut
- Chopped unsalted peanuts

STEP 1 Line a baking tray with baking paper and place in the freezer to chill. Peel and cut each banana in half. Insert a paddle-pop stick into the cut-end. Place bananas onto the tray and freeze for 1 hour.

STEP 2 Place melts into a heatproof bowl. Microwave on medium 50% power, in short bursts of 20-30 seconds and stirring with a metal spoon, until melted. Pour melted chocolate into a tall glass.

STEP 3 Dip each banana into the melted chocolate to coat. Place onto the chilled prepared tray. Sprinkle with your choice of toppings. Refrigerate until set and serve.

NOTE Once the chocolate has set the bananas can be wrapped individually in plastic and frozen. Use within 2 weeks.

Good for you... **BANANAS**

A good source of vitamins B6 and folate. Vitamin B6 is needed for the body's nervous system and folate is important for making red blood cells. A source of antioxidant vitamins E and C (vitamin C also helps protect us against infection). A good source of dietary fibre and also provides potassium. The body needs potassium to balance sodium (from salt) and maintain healthy blood pressure.



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