

Chocolate Banana Mochi Delight

Indulge in a delightful Asian-inspired dessert that combines the sweetness of bananas with rich chocolate and chewy mochi. This easy-to-make treat is perfect for satisfying your sweet tooth.



Dessert

Asian

25 min

Total time

easy

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 5 g

Carbs 68 g

Fat 7 g

Fiber 3 g · Sugar 25 g · Sodium 80 mg

Ingredients

- 1 ripe banana
 - 50g dark chocolate
 - 50ml milk
 - 100g sweet rice flour (mochi flour)
- 30g sugar
 - A pinch of salt
 - Cornstarch for dusting

Steps

- 1

In a microwave-safe bowl, mash the ripe banana until smooth.
- 2

Add the sweet rice flour, sugar, milk, and a pinch of salt to the mashed banana. Mix until well combined.
- 3

Cover the bowl with plastic wrap and microwave on high for 1 minute.
- 4

Stir the mixture, then microwave for another 30 seconds. Repeat until the mixture thickens and becomes sticky.
- 5

Dust a clean surface with cornstarch and turn the mochi mixture out onto it. Allow it to cool slightly.
- 6

While the mochi is cooling, melt the dark chocolate in a microwave or over a double boiler, stirring until smooth.
- 7

Once the mochi has cooled enough to handle, divide it into small pieces and shape them into flat disks.
- 8

Place a small spoonful of melted chocolate in the center of each disk and fold the mochi around the chocolate, sealing it tightly.
- 9

Roll the filled mochi in cornstarch to prevent sticking, then serve immediately or chill for a firmer texture.

Substitutions

Dark chocolate – Semisweet chocolate, using the same amount

Milk – Unsweetened soy milk, using the same amount

Cornstarch – Potato starch for dusting

Chef’s tips

- The finished dough should look glossy and pull together as one elastic, sticky mass; a floury or pourable mixture needs more cooking.
- Keep hands and tools lightly dusted with cornstarch when shaping, but avoid adding too much or the mochi can taste powdery.
- Make the chocolate centers small and let melted chocolate cool until thick but still spoonable; runny filling is harder to seal.

Drink pairing

A cup of lightly roasted green tea

Its clean, gently grassy flavor balances the sweet banana and rich chocolate without overwhelming the chewy mochi.

0% option: Jasmine tea

Storage

Keep leftovers covered in an airtight container in the refrigerator for up to 3–4 days. The mochi firms as it chills; let it sit briefly before serving for a softer chew.

Frequently asked questions

How can I tell when the mochi dough is cooked?

It should be glossy, sticky, and cohesive rather than wet or powdery. Microwave in short bursts if it still looks loose, stirring carefully between bursts.

Why is my mochi too sticky to shape?

Mochi is naturally sticky. Dust your hands and work surface lightly with cornstarch, and allow the dough to cool enough to handle before shaping.

Can I make these ahead?

Yes. Shape and fill them ahead, then cover and refrigerate. They are best within 3–4 days, though chilling makes the mochi firmer.