

Chocolate-Dipped Frozen Banana Bites

These delightful chocolate-dipped frozen banana bites are a perfect healthy snack. Creamy banana chunks coated with rich dark chocolate create a sweet and satisfying treat.



Snack

15 min

Total time

Easy

Difficulty

180

kcal / serving

Ingredients

- 1 ripe banana
- 50g dark chocolate (70% cacao or higher)
- 1 tsp coconut oil (optional)
- Sprinkles or chopped nuts (optional)

Steps

- 1 Peel the banana and cut it into 1-inch thick slices.
- 2 Line a baking sheet with parchment paper.
- 3 In a microwave-safe bowl, melt the dark chocolate with coconut oil in 20-second intervals, stirring until smooth.
- 4 Dip each banana slice into the melted chocolate, coating halfway or fully as desired.
- 5 Place each dipped slice on the parchment-lined baking sheet.
- 6 Sprinkle with optional toppings if desired.
- 7 Freeze the banana bites for at least 1 hour until firm.
- 8 Serve chilled as a refreshing snack.