

CRUNCH TIME

Frozen Banana Bites



Serve Information:

1 plate of Frozen Banana Bites plus 1 freezer container

INGREDIENTS:

240g Chocolate chips
1 Tbsp vegetable oil
2 Ripe bananas
100g Sprinkles in dipping bowl
100g Crushed nuts in dipping bowl
60g Shredded coconut in dipping bowl

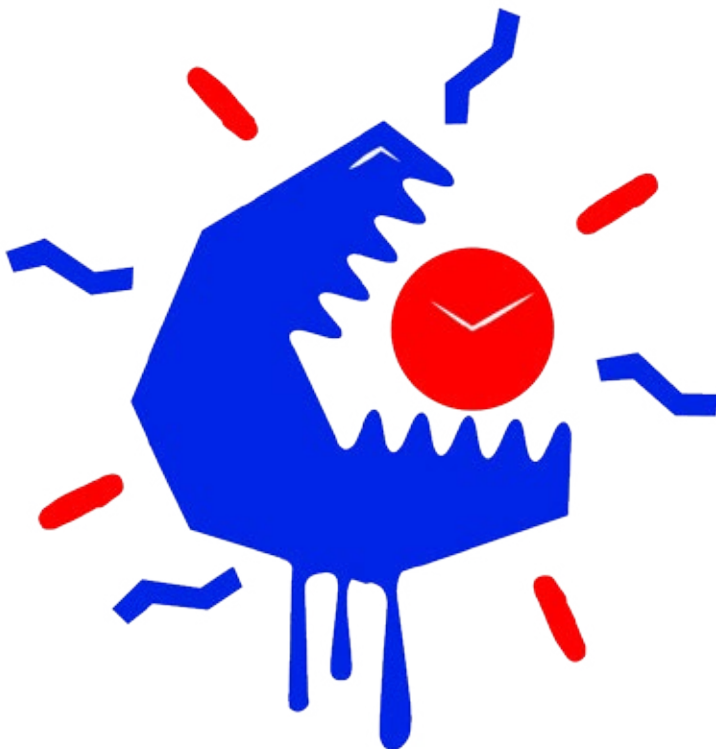
EQUIPMENT:

2 trays that will fit in freezer
Non-stick baking paper
Scissors
Heatproof microwave safe bowl
Wooden spoon
2 plastic knives
Chopping board
3 dipping bowls for toppings
2 forks
Serving plate
Freezer container



METHOD:

1. In a heatproof, microwave safe bowl, melt the chocolate and vegetable oil in the microwave in 30 second intervals, stirring between each interval, until fully melted
2. Peel bananas and use a knife to cut them into slices
3. Drop one of the banana slices into the chocolate. Use a fork to help coat the banana in chocolate and remove it from the bowl
4. Drop the chocolate coated banana slice into one of the toppings. Use your fingers to sprinkle additional coating over the top of the banana slice
5. Using another fork, lift the banana slice out of the topping and transfer it to the baking sheet
6. Repeat with the remaining banana slices
7. Freeze the Banana Bites for 6 hours or overnight
8. Take the "prepared earlier" Frozen Banana Bites out of the freezer
9. Place half the Frozen Banana Bites on a plate
10. Place the other half Frozen Banana Bites into a freezer container so they can be stored and eaten as a snack later



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