

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Dark Chocolate Covered Frozen Banana Bites

Serves: 36

Modified from: www.bonapetit.com

Items Needed: cutting board, knife, bowls for holding toppings, parchment paper, baking sheet, 2 dinner forks, metal or glass bowl placed over a saucepan/microwave safe bowl

Ingredients:

- 2 cups dark chocolate chips
- 2 Tablespoons canola oil
- 3 ripe bananas, peeled, cut into 1/2 –inch-thick slices
- Assorted toppings for coating bananas (such as chopped salted peanuts, toasted shredded sweetened coconut, or sprinkles)

Directions:

1. Stir chocolate and oil in heavy small saucepan over low heat just until smooth. Let stand 15 minutes to cool.
2. Place each topping in separate shallow dish.
3. Line baking sheet with foil and arrange banana slices on foil. Using a fork, dip 1 banana slice in chocolate, coating completely. Shake off excess chocolate. Drop dipped banana in 1 topping. Using clean hand, sprinkle more topping over banana to coat. Use second fork to lift banana from topping bowl and transfer to foil-lined sheet.
4. Repeat with remaining bananas, chocolate, and toppings. Freeze until firm, about 3 hours, then serve.

Nutrition Information (per 1 banana piece):

Calories: 78 Fat: 5 g Carbs: 8 g Protein: 1 g Fiber: 1 g Sodium: varies by topping