



## Chocolate Dipped Nut Butter Banana Bites

Total time: 2 hours

### INGREDIENTS:

- 3 large bananas
- 1/3 cup nut butter of choice
- 1/2 cup melted chocolate of choice

### DIRECTIONS:

1. Slice bananas into slices about 1/4-1/2 inch thick.
2. Spread a little nut butter onto a slice and sandwich two slices together.
3. Place on wax paper on a cookie sheet and freeze until solid, at least an hour.
4. Melt chocolate in a [double boiler](#) or slowly in the microwave stirring every 15 seconds
5. Remove frozen banana bites from freezer.
6. Dip each banana bite in chocolate and place back on wax paper. Freeze for another hour.
7. Transfer and keep in an airtight container in the freezer for up to 2 weeks.

