



Frozen Dark Chocolate Banana Bites

MAKES 1 SERVING

INGREDIENTS

- 1 large ripe banana
- 1 to 2 tablespoons
Dark Chocolate Dreams™
peanut butter

DIRECTIONS

1. Slice the banana lengthwise and spread the peanut butter on the cut side of one of the halves.
2. Lay the other banana slice on top of the first, flat side down, as if making a sandwich.
3. Cut the re-formed banana into 1- or 2-inch pieces and wrap each individually in plastic wrap.
4. Freeze for at least 2 hours, or until firm. Allow to thaw for about a minute before eating. Store in the freezer for up to 1 week.



Item #99-1025

This recipe is from the *Peanut Butter & Co. Cookbook*, available at fine bookstores everywhere. © 2008



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