



Dark Chocolate Peanut Butter Banana Bites

These yummy little bites cover all the nutritional bases with a healthy fat, protein, carbohydrates and potassium. A perfect pre-workout snack!



HealthyNow is dedicated to providing juice cleanses, wellness and performance juice packages to help you be healthier, and to support your workouts.

To order, call or text Christine at 647-210-0047 or email her at Christine@HealthyNow.ca

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You'll need:

- 2 medium ripe bananas
- 1/4 cup creamy nut butter of your choice
- 3/4 cup dark baking chocolate
- 1 1/2 tablespoons coconut oil

To make them:

1. Cover a baking sheet with parchment paper.
2. Slice each banana into thin slices and arrange half the pieces on the baking sheet.
3. Spread peanut butter onto each banana slice, then cover each slice with another slice.
4. Place in the freezer for about 30 minutes or until frozen.
5. Place the coconut oil in a microwave safe bowl and microwave until melted.
6. Stir in the chocolate, and continue to microwave until smooth.
7. Use a fork or spoon to cover each banana bite in chocolate, then place back on the sheet.
8. Freeze for one hour and enjoy!
9. Store in freezer and thaw for a few minutes before eating.
10. Remove the toothpicks, then serve!

Enjoy!

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