



BANANA BITES

INGREDIENTS:

- 2 bananas
- 1 teaspoon of nut butter of choice
- 100g of dark chocolate

INSTRUCTIONS:

- Slice the bananas and place on a sheet of baking paper
- Top each slice of banana with the nut butter
- Break up the chocolate into a bowl and place the bowl over a pan of boiling water
- Once melted, spoon over the banana pieces
- Place into the freezer - flat on the shelf
- Once frozen, place into a sealable freezer bag and store

TIPS

- Got extra chocolate? Chop up another banana
- Want a little boost of fibre? Sprinkle some nuts on top (almonds have the most fibre)