

# Cleo Coyle's Frozen Chocolate Peanut Butter Banana Bites

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.



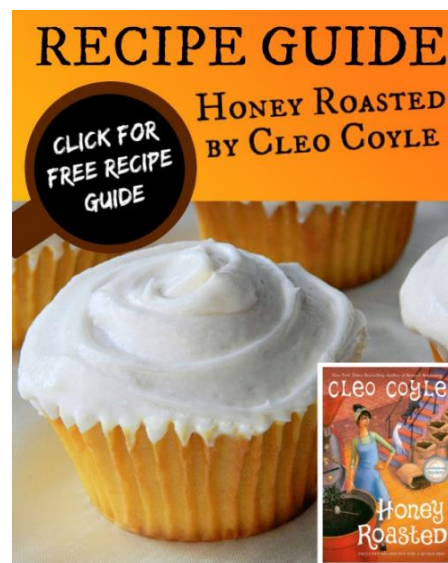
Trader Joe's went bananas a few years ago by introducing frozen chocolate covered banana slices, and many people went bananas over them. Making your own is easy and economical. Even better, you can be selective about the ingredients and make them as healthy (or as decadent) as you like. After a night in the freezer, the chocolate-enrobed banana slices become wonderfully creamy, much like ice cream. My two little contributions to this relatively simple process are: **(1)** The addition of peanut butter sandwiched between the slices and... **(2)** The use of Almond Milk in creating the chocolate coating. Almond Milk not only contributes wonderful flavor to the chocolate, it also lets dairy-free eaters enjoy the treat. FYI: Studies have shown that dark chocolate has great health benefits, but ingesting dairy milk with it can lessen those benefits. The recipe is easy but can be tricky. I included some tips that I hope will help you get the best results. Stay cool, everyone! ~ **Cleo**

*Makes 10 to 12 Banana Bites*

## Ingredients:

- 1 banana, ripe but still firm** (*medium to large*)
- 2 to 2-1/2 Tablespoons peanut butter** or almond or cashew butter
- 3 ounces chocolate chips\*** (*for chips, depending on size, that's usually 1/2 cup to a heaping 1/2 cup in volume*)
- 1 Tablespoon Almond Milk** (*darker chocolates may need a bit more*)

**\*Chocolate Note:** You can use any chocolate chips you like: milk, semi-sweet, bittersweet, or (for the most healthful choice) dark chocolate. (I use dark chocolate chips.) If you are a dairy-free and/or gluten-free eater, be sure to pick up chocolate chips that say dairy-free or gluten-free on the packaging.



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**TIP:** For the pretty presentation of the frozen bites that you see in my photo (at right), I used **mini cupcake paper liners**.



### Recipe Method:

#### Step 1 - Create the PB banana sandwiches:

Cut your ripe but firm banana into thin slices, pairing slices by size. Make sure you have at least 12 pairs (24 slices). Smear peanut butter on half of the slices, one for each pair.

Put the slices together like little sandwiches. You should now have 12 little peanut butter and banana sandwiches.

**Step 2: - Melt the chocolate:** Pour the chocolate chips into a clean, dry, shallow microwave-safe bowl. Pour the almond milk over the chocolate and stir to coat the pieces well.



Melt the chips in the microwave with care. Once you boil or burn chocolate, it's taste is ruined and there is no saving it. Zap them for 20 seconds, stir. Zap again in small bursts until the chocolate chips are completely melted and smooth (see my photos).

**Double-Boiler:** You can also place a heat-proof bowl over a pan of simmering water and create a double boiler. Place the chocolate and almond milk in the bowl and stir until melted. Then dip the banana bites into the bowl. While a little more trouble, this method has the advantage of keeping your chocolate warm and pliable through the entire dipping process.

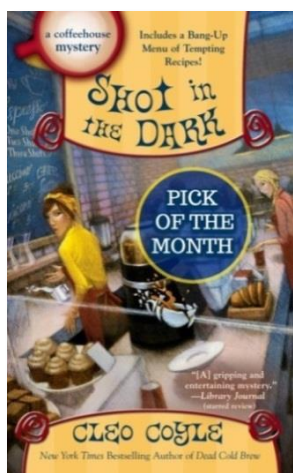
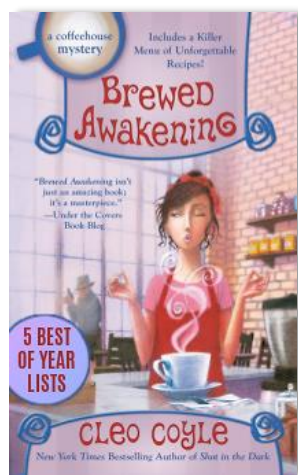


**Step 3 - Troubleshoot (adjust):** If the chocolate seems a little thick for dipping, try the following. Pour a very small amount (about 1 teaspoon) more of the almond milk onto the chocolate. **DO NOT MIX IN.** Place the bowl back in the microwave and zap for 10 to 15 seconds. Remove and stir. The chocolate should be looser. If it's still too thick, repeat until you get the desired consistency. If chocolate becomes difficult to work with, return it to the microwave and re-warm it.

**Step 4 - Dip and freeze:** One at a time, drop the PB banana sandwiches into the bowl of melted chocolate. Using two forks, gently flip the slice, moving the chocolate around it until it is coated. Lift the coated banana bite with one fork, allowing the chocolate to drip off. Be patient and get as much excess chocolate off the bite as you can. Place on a flat pan or plate that's been covered with parchment paper or wax paper.

**WARNING:** If you don't use wax paper or parchment paper, the chocolate will stick to the surface of your dish or pan as it dries and freezes. Ask me how I know. 😊

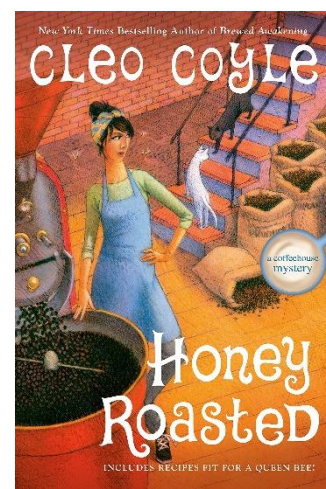
**FREEZE:** Place in freezer for about 3 hours or overnight. These are frozen treats, delicious right out of the freezer. Think of them like ice cream bites. If serving for a party, keep frozen for as long as possible. Like ice cream, they will begin to melt after about 15 to 20 minutes out of the freezer.



*Eat with joy! ~ Cleo*

The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.

To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at [www.CoffeehouseMystery.com](http://www.CoffeehouseMystery.com) And her recipe blog at [www.CleoCoyleRecipes.com](http://www.CleoCoyleRecipes.com)



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