

Cleo Coyle's Guilt-Free Frozen Chocolate PB Banana Bites

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

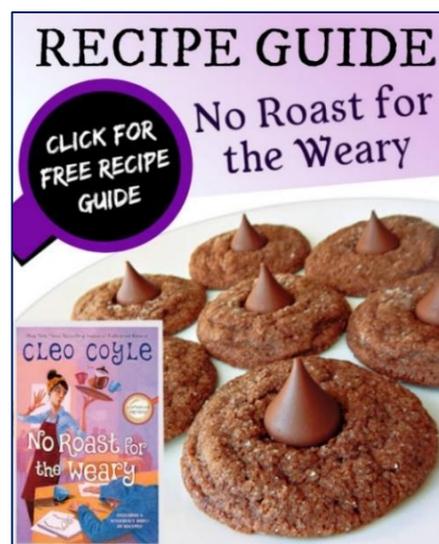
After a night in the freezer, these chocolate-enrobed banana slices become wonderfully creamy, much like ice cream, but with better nutrition. And if you use sugar-free, low-carb chips (like [Lily's](#) brand or these [ChocZero Dark Chocolate](#) or [Milk Chocolate Chips](#)), you can enjoy them with no worries about excess calories, sugar, and carbs. I like the addition of peanut butter sandwiched between the slices because it mimics frozen Mini Reese's Cups, which I developed a bad habit of eating one summer (no more)! And I suggest using almond milk in creating the chocolate coating because it not only contributes nice flavor to the chocolate, but also lets dairy-free eaters enjoy the treat. While these look easy to make, the process 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: regular, sugar-free, low-carb (see links above for examples of zero-sugar, low-carb chips). Milk chocolate chips, semi-sweet, or dark chocolate will all work, depending on your taste. If you are a dairy-free and/or gluten-free eater, be sure to choose chocolate chips that say dairy-free and/or gluten-free on the packaging.



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No Roast for the Weary:
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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 (2 Ways):

Microwave Method: 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 the chips for 20 seconds, stir. Zap again in small bursts until the chocolate chips are completely melted and smooth (see my photos).



Double-Boiler Method: While a little more trouble, this method has the advantage of keeping your chocolate warm and pliable through the entire dipping process. For this method, 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.



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. IF USING A MICROWAVE, DO NOT MIX IN. Instead, place the bowl back in the microwave and zap for 10 to 15 seconds. Remove and now you can 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: First cover a flat pan or plate with wax paper or parchment paper. 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. Get as much excess chocolate off as you can. Place on your pan or plate that's been covered with parchment paper or wax paper.

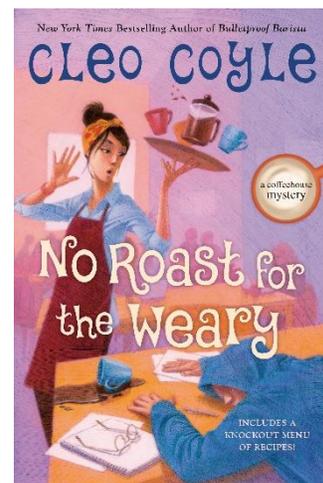
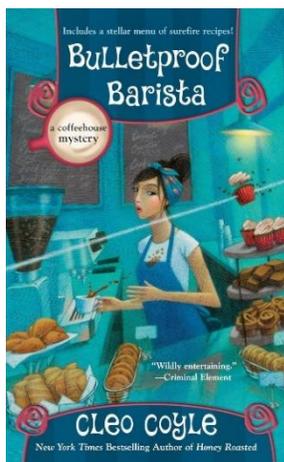
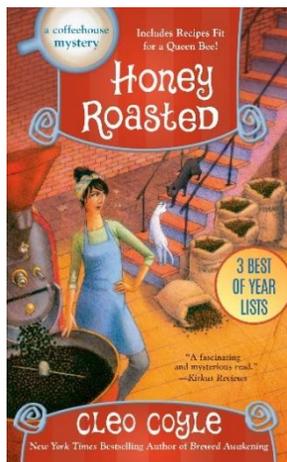


WARNING: If you do not use wax paper or parchment paper, the chocolate will stick to the surface of your dish or pan as it dries and freezes. Ask me how I know. 😊

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 [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeeshouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeeshouse at www.CoffeeshouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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