



# SUMMER FUN

## CHOCOLATE BANANAS

[www.activitytv.com](http://www.activitytv.com)

### DESCRIPTION

Frozen bananas are a great way too cool down on hot summer days...and Chef Ralph Pallarino has a great recipe to show you that's loaded with chocolate!

### INGREDIENTS

- 2 bananas
- 1 cup semisweet or bittersweet chocolate chips
- 1 tablespoon butter
- dipping ingredients: granola, chopped nuts, miniature M&M's

### TOOLS

- microwave safe container
- baking sheet
- wax paper

### DIRECTIONS

1. In a microwave-safe container, place the chocolate chips and butter in the microwave for one minute or until melted.
2. Line a baking sheet with wax paper.
3. Peel the bananas and cut them into thirds and make sure to cut off both ends of each banana.
4. Place the bananas on the sheet pan and freeze them for one hour.
5. Remove bananas from the freezer and dip them into the chocolate, turning to coat each side completely.
6. Roll each chocolate dipped banana in your favorite ingredients...then chow down!