

Chocolate-Covered Frozen Banana Bites



Craving a fresh and satisfying sweet treat? These chocolate-covered frozen banana bites are ideal for satisfying your sweet tooth while boosting your energy. Thanks to the Greek yogurt, they provide a good dose of protein to help keep you full longer. Developed by our [dietitians](#), this quick and easy recipe will quickly become a freezer staple! Need more inspiration? Check out [our 50 snack ideas](#)!

Preparation 15 min

Cooking 2 min

Waiting 20 min

Servings 5

Nutrition Facts (per serving)

Calories 260

Fat 17

Carbohydrates 20

Fibre 1

Protein 8

Sodium 70

Ingredients

- 1 banana, sliced into ½ cm (¼ in) thick rounds (about 25 pieces)
- 125 ml (½ cup) plain 0% M.F. Greek yogurt
- 60 ml (¼ cup) creamy natural peanut butter*

Preparation

1. Line a baking sheet with parchment paper, then arrange the banana slices on it.
2. Top each slice with 5 ml (1 tsp) of Greek yogurt and 2.5 ml (½ tsp) of peanut butter, then place in the freezer for 10 minutes.
3. Melt the chocolate in the microwave in 30-second intervals, stirring between each period.
4. Coat each bite with a small amount of melted chocolate, then return to the freezer for 10 minutes before serving.

Notes

Keep in an airtight container in the freezer for up to 3 months.

*For a version adapted to peanut allergies, you can replace the peanut butter with sunflower seed butter or soy butter.



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