

## Betty's Frozen Chocolate-Dipped Bananas



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In this video, Betty demonstrates how to make Frozen Chocolate-Dipped Bananas. These are frozen treats that you can enjoy any time of the year—even in cold weather!

Ingredients (for 4 servings):

2 whole fresh bananas

lemon juice

6-oz. semisweet chocolate chips

6-oz. peanut butter chips

½ cup salted, roasted peanuts, finely chopped (I used an electric kitchen chopper to chop peanut halves into small pieces.)

4 popsicle sticks

Peel 2 bananas, removing any banana fiber that clings. Cut each in half, crosswise. Place them in a small bowl and splash some lemon juice over them to keep them from turning brown. Insert a popsicle stick into the cut end of each banana and push it in far enough to hold the banana by gripping the popsicle stick. Line an 8-inch square pan with waxed paper, place the 4 prepared bananas on the waxed paper, and place them in a freezer until they are very cold. Now, melt 6 oz. chocolate in the top of a double boiler. When chocolate is melted, hold each banana by its popsicle handle, dip it into the melted chocolate, and use a spoon to get it covered completely. The chocolate coating will set up very fast, because the bananas are very cold. Place each chocolate-coated banana back on the waxed paper in the pan and return to the freezer until coating is very cold. The Frozen Chocolate Bananas are now ready to serve. If you like extra coating, melt 6 oz. peanut butter chips in the top of a double boiler and dip the end of the frozen chocolate-coated bananas into the melted peanut butter chips. While the peanut butter coating is still soft, roll the frozen, coated bananas in chopped peanuts. Place back on waxed paper in pan, and freeze until ready to serve. If you are not serving this the same day, wrap each frozen, coated banana in plastic wrap and put them in a zip-lock plastic freezer bag. These will keep in the freezer for a month or so. When ready to serve, bring them out of the freezer and let them thaw just a little. (If you let a frozen banana thaw completely, it will turn to mush and water.) These are a delicious treat, to be eaten while still containing ice crystals. Enjoy!!!