



trade aid



Chocolate dipped frozen bananas

These crowd-pleasers are perfect for hot summer days. With just two ingredients, these chocolate dipped frozen bananas are quick and easy and are a delicious fair trade snack. Frozen bananas can be sprinkled with toppings or left plain. This recipe serves 6.

Ingredients:

3	Large fair trade bananas	6	Popsicle sticks (or similar)
1 cup	Chocolate drops*	½ cup	Chopped almonds and cashews, or sprinkles (optional)

Method:

1. Line a baking sheet (one that will fit into your freezer).
2. Cut each banana in half and carefully insert a popsicle stick into one end of each piece of banana until the stick is about half way.
3. Place bananas in freezer for 15 minutes.
4. While your bananas are in the freezer melt your chocolate drops using the double boiler method. Stir until smooth.
5. Roll each banana in the melted chocolate, then quickly sprinkle with your topping (if using).
6. Freeze until the chocolate sets, 30 minutes. Serve or freeze in an airtight container for up to a week.

Tip:

Get creative with your toppings! Try a sprinkle of cinnamon or other spices for a fun twist. Alternatively try chopped dried fruit for a colourful topping.

***Find this ingredient at your local Trade Aid store or stockist.**

See www.tradeaid.org.nz for more recipes