

Kitchen Therapy After School Snack Class

Monkey Tails serves 4

4 almost ripe bananas
8 wooden sticks
1 cup peanut butter, or other nut or seed butter
1 1/2 cup dark chocolate chips
1 tablespoon oil

Cut bananas into two halves and insert stick into the cut ends. Then peel bananas.

Spread peanut butter over each banana. Place bananas on plastic wrap lined cookie sheet and freeze until firm, at least one hour.

Place chocolate chips and oil in a microwave safe bowl. Warm in 30-second intervals until the chips are melted and smooth. The chips can melt without losing their shape, so stir after each heating.

Spread chocolate over the cold bananas. Return to freezer for about 10 minutes, or until the chocolate is firm.

Wrap in plastic wrap if not eating right away. Store wrapped bananas in a gallon zippered bag or other covered freezer container.

Notes:

This recipe is easily doubled, or halved.

Any nut or seed butter works. Try almond, cashew, hazelnut, macadamia, pecan, pistachio, or tahini (sesame seed). They may be a different color, will taste different, but still taste good.

Click here for banana nutrition.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=7#descr>

Click here for peanut nutrition.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=101#descr>

Click here for chocolate antioxidant information.

<http://www.hersheys.com/nutrition/antioxidants.asp>

Click here for almond nutrition.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=20#descr>

Click here for cashew nutrition.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=98#descr>

Click here for sesame seed nutrition.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=84#descr>

Kitchen Therapy

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