



# Chocolate Covered Bananas

Shauna McCoy

## Ingredients:

- 5 bananas, cut in half
- 2 cups coconut oil, at room temperature
- 4 Tbsp raw honey
- 2 tsp vanilla
- 1/2 tsp sea salt
- 1/2 tsp cinnamon
- 1 cup cocoa powder (unsweetened)
- wooden sticks – popsicle or shish kebob

## Procedure:

1. Mix the coconut oil, honey and vanilla together. I heated mine in the microwave for 1 minute since the house was cool and the coconut oil was solid.
2. Blend in the remaining ingredients – sea salt, cinnamon and cocoa powder
3. Blend until light and fluffy – I used my immersion blender.
4. Skewer each banana half with a wooden stick – I used shish kebob sticks broken in half and used both halves for one banana since I did not have popsicle sticks



5. Dip each banana half in the chocolate mixture rotating to cover.

6. Place each dipped banana on a parchment paper lined cookie sheet
7. Freeze for about 3 minutes to harden the chocolate
8. Continue to dip and freeze bananas to reach the desired thickness of chocolate – I dipped them 3 times.
9. After the chocolate is the desired consistency, place in the refrigerator or freeze – remember, coconut oil liquefies at about 75F so it is important to keep them cool!
10. After dipping is complete, pour any extra chocolate into a parchment paper lined dish and refrigerate until firm – this makes delicious chocolate candy!

Enjoy!

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