

BANANA BARK

Heart healthy, simple, and delicious frozen banana bark to hit the sweet spot without too many added calories.

SERVINGS	SERVING SIZE	TIME TO MAKE
6	1/2 cup	10 MINUTES+FREEZING

INGREDIENTS

- 2 Banana, medium, ripe, sliced
- 1/2 cup Peanut Butter
- 1 Tablespoon Flaxseed
- 1/2 cup Chocolate Chips
- 1 teaspoon Coconut Oil

DIRECTIONS

1. Place parchment paper onto baking sheet (small enough to fit into freezer shelf)
2. Slice bananas about 1/4 inch thick
3. Thinly spread peanut butter on top of bananas
4. Sprinkle flaxseed over this
5. Freeze for 1 hour or until desired effect (hardened to continue to next step)
6. Place chocolate chips into microwave safe container (glass jar or place on double boiler and add coconut oil until melted and mixed) If using microwave, place parchment paper over bowl and heat on half speed for 20 second intervals
7. Remove and add coconut oil, stir until mixed well
8. Spread mixture evenly onto frozen ingredients
9. Place back into freezer for 1 hour or until desired effect
10. Remove and cut into serving sizes. Place back in freezer inside freezer safe container until ready to eat
11. Enjoy!

Nutritional Information per serving: 222 Calories, 15 grams Fat, 4 gram Saturated Fat, 15 grams Total Carbohydrates, 3 gram Fiber, 1 grams Sugar, 7 grams Protein, 1% Vitamin A, 4% Vitamin C, 1% Calcium, 7% Iron