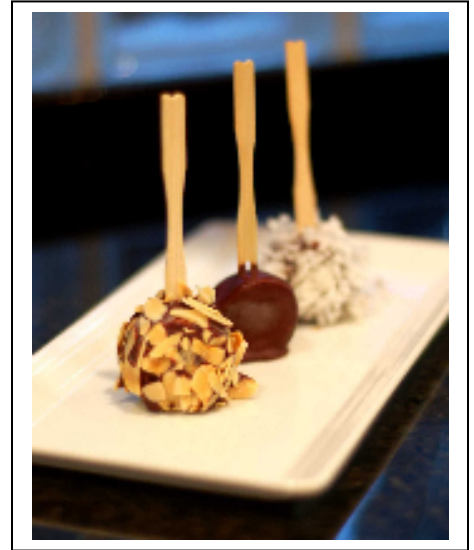


From the book “Man Can Cook” for “The Saturday Herd”
By Robert Sturm



Frozen Chocolate Covered Bananas

Ingredients

2 Bananas, a bit green
8 oz. Dark Chocolate, 60% cacao or greater, chopped
½ Cup Coconut Shreds, unsweetened (optional)
½ Cup Almond, sliced, toasted (optional)
1-package toothpicks – fork type
1 piece parchment paper

Directions

Peel and cut banana into $\frac{3}{4}$ " slices. Place toothpick through banana slices. Place slices on baking sheet lined with parchment paper. Place chocolate in glass bowl. Microwave for 1 minute. Stir chocolate with spatula. Microwave 15 seconds. Stir chocolate again. If chocolate is not “runny or fluid” and smooth, repeat microwave step for 10 seconds each time until chocolate is runny and smooth. Dip banana slice into chocolate. Place on parchment paper with stick pointing straight up in the air. Freeze for 1 hour. If desired, after dipping banana slice in chocolate roll immediately in coconut shreds or toasted almonds. Again, place banana on parchment paper with stick pointing straight up in the air. Freeze for 1 hour.