AMERICAN · DESSERT · SNACK

Frozen Banana Peanut Butter Bars with Chocolate Drizzle

15 min · plus about 2¾ hours freezing · Makes 8 × 1 bar (¼ banana) · 136 kcal a portion

Video 6:07 · Clean & Delicious

Vegan · Gluten-free ingredients

A frozen treat built on fruit: a quarter of a banana topped with peanut butter and peanuts and a thin chocolate drizzle, so the only added sugar is about 3 g from the chocolate chips. About 4 g of protein a bar.

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Ingredients

6 · MAKES 8 × 1 BAR (¼ BANANA)

- [ ] 2 large **bananas**
- [ ] ¼ cup **natural peanut butter**
- [ ] ¼ cup **dry-roasted peanuts**, chopped
- [ ] ¼ cup **chocolate chips**
- [ ] 1½ tsp **coconut oil**
- [ ] a pinch (about ¼ tsp) of **sea salt**

Contains: Peanut. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Line a small rimmed baking sheet with baking paper. Peel the bananas, cut each in half across, then cut each half in half lengthways to make 8 pieces. 0:27
2. Spread the peanut butter over the cut sides, lay them on the sheet and sprinkle with half the chopped peanuts. Freeze for 45 minutes to set. 1:16
3. Melt the chocolate chips in the microwave in 10–20-second bursts, stirring, then stir in the coconut oil to make a runny drizzle. 2:48
4. Drizzle half the chocolate over the bananas, scatter over the rest of the peanuts, drizzle with the remaining chocolate and finish with a pinch of sea salt. 3:31
5. Freeze for about 2 hours, until firm. Keep in an airtight container in the freezer and eat straight from frozen. 4:29

> **Tip** Any nut butter works, or sunflower seed butter for nut-free; swap the peanuts for coconut or raisins. Dairy-free chips keep it vegan. Keeps a month in the freezer.

The method is a summary in our words — the video shows every step.

One portion, 1 bar (¼ banana), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
136 kcal	3.8 g	13 g	2.1 g	8.8 g	100 mg
570 kJ	8% of a day	11 g net · 8 g sugars	7% of a day	2.8 g saturated	4% of a day
		5% of a day		11% of a day	

Energy from net carbs 32% · protein 11% · fat 57%

Source of (10–19%) Vitamin B6 11%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=KxAQXCePM9I, published 16 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/frozen-banana-peanut-butter-chocolate-bars