

Frozen Peanut Butter Banana Pops

Recipe By *Estee Kafra*



Cooking and Prep:  3
h 25 m

Serves:  10

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegan, Gluten Free, Low

Fat, Low Carb, Vegetarian,

Pescetarian

Source: Family Table by

Mishpacha Magazine

Bananas and peanut butter have been a longtime favorite combo of mine. Here's a great way to combine the two into a refreshing, make-ahead treat.

Ingredients (3)

Main ingredients

- 3 bananas, cut into 2-inch pieces
- 1/4 cup ground filberts
- 1/2 cup peanut butter chocolate chips, or caramel chocolate chips

Start Cooking

Prepare Banana Pops

1. In a double boiler or a bowl set over a pot of hot water, melt the chips until soft.
2. Stick a skewer into each banana and dip the end into the melted chocolate.
3. Dip into the filberts and place on lined baking sheet or plate.
4. Place in the freezer and freeze for three hours.

Note:

Can be stored in a resealable bag in the freezer for up to two months.

Variation:

Flaked coconut can be used instead of the filberts.

Credits

Photography: Daniel Lailah

Styling: Amit Farber