

Butterscotch-Chocolate Frozen Bananas

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*3 small bananas, peeled
and cut in half crosswise
6 ice cream sticks
2 cups butterscotch chips
1/4 cup coconut oil
2 cups sweetened shredded
coconut
chocolate sauce (for
drizzling)*

Cut the bananas in half crosswise. Insert a stick into the cut end of each banana. Place the banana halves on a parchment paper-lined baking sheet. Place in the freezer until firm, three to four hours.

Prepare the toppings: In a microwave-safe bowl, place the butterscotch chips and coconut oil. Microwave the mixture in 30-second intervals, stirring, until smooth, about 2 minutes. Place the mixture in a shallow bowl.

In another shallow bowl, place the coconut.

Dip the frozen bananas in the butterscotch mixture twice, then roll in the coconut. Drizzle with chocolate sauce.

Return the bananas to the freezer.

Per Serving (excluding unknown items): 2138 Calories; 68g Fat (27.2% calories from fat); 4g Protein; 407g Carbohydrate; 8g Dietary Fiber; 31mg Cholesterol; 150mg Sodium. Exchanges: 5 1/2 Fruit; 13 1/2 Fat; 21 1/2 Other Carbohydrates.