

# Peanut-Caramel Crunch Frozen Bananas

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*3 small bananas, peeled  
and cut in half crosswise  
6 ice cream sticks  
2 cups semisweet chocolate  
chips  
1/4 cup coconut oil  
3 cups chopped peanuts  
caramel 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 chocolate 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 peanuts.

Dip the frozen bananas in the chocolate mixture twice, then roll in the chopped peanuts. Drizzle with caramel sauce.

Return the bananas to the freezer.

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Per Serving (excluding unknown items): 4888 Calories; 373g Fat (62.8% calories from fat); 131g Protein; 367g Carbohydrate; 66g Dietary Fiber; 0mg Cholesterol; 119mg Sodium. Exchanges: 4 1/2 Grain(Starch); 14 Lean Meat; 5 1/2 Fruit; 65 Fat; 14 Other Carbohydrates.