

Frozen Chocolate-Covered Bananas: Easy & Healthy Summer Treat

Frozen Chocolate-Covered Bananas: Your New Favorite Cool & Healthy Treat!



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INGREDIENTS

2 ripe bananas (the riper, the sweeter!)

1/2 cup chocolate chips (semi-sweet or dark chocolate chips work best)

1 tablespoon coconut oil (refined for no coconut flavor, unrefined for a subtle hint)

6 popsicle sticks

Salted peanuts, chopped

Shredded coconut (toasted or untoasted)

Sprinkles (fun for kids and adults!)

Flaky sea salt (enhances the chocolate flavor beautifully)

Swaps and Notes:

Bananas: Use bananas that are ripe but still firm enough to handle easily. Overly mushy bananas will be difficult to work with.

Chocolate Chips: Semi-sweet or dark chocolate chips melt smoothly and provide a nice balance of sweetness. Milk chocolate or white chocolate could also be used, but adjust sweetness accordingly.

Coconut Oil: The coconut oil is crucial here! It thins the chocolate, making it easier to coat the bananas, and helps the chocolate harden quickly into a snappy shell when it hits the cold banana. Don't skip it.

Toppings: Get creative with your toppings! Crushed freeze-dried fruit, mini chocolate chips, or crushed cookies (like Oreos) would also be fantastic.

Instructions:

Prepare Bananas for Freezing: Peel the bananas and cut them into thirds. (This is the ideal size for a manageable, single-serving pop, but you can also cut them in half for larger pops, or into quarters for smaller, bite-sized pops.)

Line a plate or baking sheet with parchment paper, and make sure it will fit on a flat shelf in your freezer.

Carefully insert the popsicle sticks about two-thirds of the way into the center of each banana piece.

Lay the bananas down on the lined pan, ensuring they are not touching each other.

Place the pan in the freezer until the bananas are frozen solid, which will take about 4 hours, or preferably overnight. This firm freeze is essential for the chocolate to harden instantly.

Melt the Chocolate: When the bananas are frozen solid, prepare your melting station. Fill a small saucepan with about an inch of water and bring it to a boil over medium-high heat.

Add the chocolate chips and coconut oil to a heat-safe bowl that will fit snugly over the top of the saucepan (creating a double boiler).

Place the bowl on top of the pan with the boiling water, ensuring the bottom of the bowl does not touch the water. Let the steam gently melt the chocolate chips and coconut oil.

Stir occasionally until the mixture is completely smooth and glossy. Remove from heat but keep over the warm water to keep it melted while dipping.

Dip & Top the Bananas: Working one at a time, lift one of the frozen bananas by its popsicle stick over the bowl of melted chocolate.

Use a spoon to drizzle the chocolate evenly over all sides of the banana, rotating it to ensure full coverage. Let any excess chocolate drip back into the bowl.

If you'd like to add a topping, like chopped salted peanuts, be sure to have your chosen toppings nearby and ready before you start dipping.

As soon as you've coated a banana in chocolate, immediately move it over to an empty plate (this plate will catch any drips as you sprinkle toppings) and quickly sprinkle any desired toppings over the wet chocolate. Be sure to work quickly, as the chocolate will harden in just 60-90 seconds once it hits the cold banana.

Repeat with the remaining bananas, returning each chocolate-covered and topped banana to the parchment-lined pan as soon as the chocolate has hardened.

Final Freeze & Serve: Place the pan back in the freezer until you are ready to serve them.

Frozen chocolate-covered bananas can be stored in an airtight container in the freezer for up to 3 months. Layer them with parchment paper to prevent sticking.

Tips for Success:

Ripe but Firm Bananas: The bananas should be ripe enough for sweetness but not overly mushy, which can make them difficult to handle and stick onto the popsicle sticks.

Freeze Solid: Ensuring the bananas are completely frozen solid is key. This allows the chocolate to set instantly into a crisp shell.

Double Boiler Method: Melting chocolate over a double boiler (or carefully in the microwave in short bursts) helps prevent it from seizing or burning.

Work Quickly: Once a banana is dipped, the chocolate will harden fast. Have your toppings ready and sprinkle immediately.

DIRECTIONS

1. **Making :** Frozen Chocolate-Covered Bananas is a two-part process involving freezing and then dipping.
2. **Prepare :** Bananas for Freezing: Peel the bananas and cut them into thirds. (This is the ideal size for a manageable, single-serving pop, but you can also cut them in half for larger pops, or into quarters for smaller, bite-sized pops.)
3. Line a plate or baking sheet with parchment paper, and make sure it will fit on a flat shelf in your freezer.
4. Carefully insert the popsicle sticks about two-thirds of the way into the center of each banana piece.
5. Lay the bananas down on the lined pan, ensuring they are not touching each other.
6. Place the pan in the freezer until the bananas are frozen solid, which will take about 4 hours, or preferably overnight. This firm freeze is essential for the chocolate to harden instantly.
7. **Melt the :** Chocolate: When the bananas are frozen solid, prepare your melting station. Fill a small saucepan with about an inch of water and bring it to a boil over medium-high heat.
8. Add the chocolate chips and coconut oil to a heat-safe bowl that will fit snugly over the top of the saucepan (creating a double boiler).
9. Place the bowl on top of the pan with the boiling water, ensuring the bottom of the bowl does not touch the water. Let the steam gently melt the chocolate chips and coconut oil.
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15. Repeat with the remaining bananas, returning each chocolate-covered and topped banana to the parchment-lined pan as soon as the chocolate has hardened.
16. Final : Freeze & Serve: Place the pan back in the freezer until you are ready to serve them.
17. Frozen chocolate-covered bananas can be stored in an airtight container in the freezer for up to 3 months. Layer them with parchment paper to prevent sticking.
18. Tips for Success: Ripe but Firm Bananas: The bananas should be ripe enough for sweetness but not overly mushy, which can make them difficult to handle and stick onto the popsicle sticks.
19. Freeze : Solid: Ensuring the bananas are completely frozen solid is key. This allows the chocolate to set instantly into a crisp shell.
20. Double : Boiler Method: Melting chocolate over a double boiler (or carefully in the microwave in short bursts) helps prevent it from seizing or burning.
21. Work : Quickly: Once a banana is dipped, the chocolate will harden fast. Have your toppings ready and sprinkle immediately.
22. Prevent : Sticking: The parchment-lined pan is essential for easy removal from the freezer.
23. Serving Suggestions and Pairings: These Frozen Chocolate-Covered Bananas are a perfect standalone cool treat. They're fantastic for a refreshing snack on a hot day, a healthier dessert option, or a fun party treat for kids and adults. You can serve them individually on a platter. For other quick and satisfying sweet cravings, consider my [This Edible Cookie Dough Is My Favorite No-Bake Treat for Late Night Cravings](#).
24. Storage and Leftover Tips: As mentioned in the instructions, these frozen delights can be stored in an airtight container in the freezer for up to 3 months. Layer them with parchment paper to prevent them from sticking together. Simply pull one out of the freezer whenever a craving strikes!
25. More Recipes You Will Love: If you enjoyed the simplicity and deliciousness of these no-bake, fruit-based treats, here are a few more recipes that I think you'll absolutely love:

SWAPS & NOTES

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Chocolate Chips: Semi-sweet or dark chocolate chips melt smoothly and provide a nice balance of sweetness.

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TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/frozen-chocolate-covered-bananas-easy-healthy-summer-treat/>