



FROZEN BANANA BITES

By **Michell Nguyen**



A few years ago, I discovered something interesting. The temperature of a food item can determine and alter your taste experience! It was a freezing cold night and I was working away in a remote town. I wanted something to warm myself up but all I had was a tub of ice cream. I thought, "Why don't I heat this up and it'll be like a hot chocolate, only caramel flavoured!" What a genius idea...Not! To my horror, it was like drinking a cup of liquified sugar. Ultimately, I ended up having warm water and the kitchen sink had the melted ice cream instead. Cold foods such as ice cream turn out to be much sweeter

at warmer temperatures. Unfortunately, this means you could end up eating a lot more sugar without even realising it! With summer approaching, this recipe has become a perfect substitute where I can enjoy a frozen treat that contains much less added sugars. The smaller portions are easier to control and kids can join in making them too!

Ingredients

- ▶ Banana/s
- ▶ Nut butter
- ▶ Toppings (optional): Shredded coconut, chia seeds, crushed nuts, peanut butter, plain greek

yoghurt, cacao, crushed cacao nibs etc.

- ▶ Tooth picks

Tip: Try to avoid using toppings that are high in sugar such as honey, jams, Nutella, chocolate, hundreds and thousands etc.

Method

1. Slice bananas (I make each slice around 7-10mm)
2. Spread your chosen nut butter on one slice of

banana and press another slice on top

3. Pierce a toothpick through the centre
4. You can now either roll your banana pieces in your dry toppings (e.g. shredded coconut) or dip them into your wet toppings (e.g. plain greek yoghurt). You also have the option of leaving them plain
5. Place on a lined (baking paper) tray or container and into the freezer for approx. 2 hours, or until frozen