

Haute Chocolate - Salted Caramel and Banana

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*4 cups half-and-half
2 bars (3-1/2 ounce ea)
chopped 70% cacao dark
chocolate
2 ounces chopped milk
chocolate
dash salt
1/16 bananas, puree'd
1/3 cup salted caramel
topping*

In a saucepan, heat the half-and-half over medium heat until bubbles form around the sides of the pan (do not boil). Remove from the heat.

Whisk in the cacao, milk chocolate and salt.

Whisk in the puree'd bananas and caramel topping until smooth.

Return to the heat. Cook and stir until heated through.

Pour into mugs. Top with sweetened whipped cream, if desired.

Per Serving (excluding unknown items): 8 Calories; trace Fat (4.2% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.