

Cinnamon Bun Frozen Bananas

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*3 small bananas, peeled
and cut in half crosswise
6 ice cream sticks
1 1/2 cups chocolate-
hazelnut spread
1/2 cup coconut oil
cinnamon sugar
1 cup confectioner's sugar
1 tablespoon milk*

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, mix the chocolate-hazelnut spread with the coconut oil. Microwave in 30-second intervals, stirring, until smooth, about 2 minutes. Move the mixture to a shallow bowl for dipping.

Place cinnamon in another shallow bowl.

In a third bowl, place the confectioner's sugar. Mix with the milk. Stir until smooth.

Dip the frozen bananas in the chocolate-hazelnut mixture. Then roll in the cinnamon sugar. Drizzle with the sugar/milk mixture.

Return the bananas to the freezer.

Per Serving (excluding unknown items): 1741 Calories; 111g Fat (54.7% calories from fat); 4g Protein; 203g Carbohydrate; 8g Dietary Fiber; 2mg Cholesterol; 12mg Sodium. Exchanges: 5 1/2 Fruit; 0 Non-Fat Milk; 22 Fat; 8 Other Carbohydrates.