

Milk and Cookies Frozen Bananas

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*3 small bananas, peeled
and cut in half crosswise
6 ice cream sticks
2 cups white chocolate
chips
1/4 cup coconut oil
3 cups chocolate sandwich
cookies, crushed*

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 white 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 crushed sandwich cookies.

Dip the frozen bananas in the white chocolate mixture twice, then roll in the crushed cookies.

Return the bananas to the freezer.

Per Serving (excluding unknown items): 3355 Calories; 184g Fat (50.5% calories from fat); 35g Protein; 371g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 644mg Sodium. Exchanges: 4 1/2 Lean Meat; 5 1/2 Fruit; 33 1/2 Fat; 18 1/2 Other Carbohydrates.