

# Snack Attack Frozen Bananas

*Food Network Magazine - September 2020*

*3 small bananas, peeled  
and cut in half crosswise  
6 ice cream sticks  
2 cups milk chocolate chips  
1/4 cup coconut oil  
1 cup crushed potato chips  
1 cup crushed pretzels  
1 cup mini chocolate-coated  
candies*

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 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 bowl, place the potato chips, pretzels and candies. Mix well. Transfer the mixture to a shallow bowl for dipping.

Dip the frozen bananas in the chocolate mixture twice, then roll in the potato chip/ pretzel mixture.

Return the bananas to the freezer.

---

Per Serving (excluding unknown items): 3249 Calories; 189g Fat (49.7% calories from fat); 40g Protein; 389g Carbohydrate; 26g Dietary Fiber; 74mg Cholesterol; 2174mg Sodium. Exchanges: 7 Grain(Starch); 5 1/2 Fruit; 37 1/2 Fat; 13 Other Carbohydrates.