Frozen Banana Recipe

Makes 12

Ingredients

- 2 ripe bananas
- 170g chopped dark chocolate/chocolate chips
- 2 tbsp vegetable oil
- ½ cup raisins or sprinkles to decorate (optional)

Equipment

- freezer
- microwave or hob (both methods require a microwavable bowl and the hob method requires a pan too)
- baking tray
- greaseproof paper/foil
- lolly sticks
- spoon
- knife
- airtight container for freezer if storing

Method

1. Line a baking tray with greaseproof paper/foil.
2. Peel the bananas and then, with an adult's help, carefully cut them in half (horizontally across the middle).
3. Insert a lolly stick into each piece of banana.
4. Line up the bananas on the baking tray and freeze for 15 minutes.
5. Ask an adult to help with melting the chocolate. Either put the chocolate and oil in a microwavable bowl and heat in the microwave (checking every 30 seconds) or place the ingredients in a bowl over a pan of simmering water and keep stirring until smooth.
6. With help, cover each banana in the melted chocolate and then add your choice of topping. Be careful, as the chocolate will be hot.
7. Return the bananas to the freezer for another 30 minutes or until the chocolate sets.

If you won't be eating them straight away, freeze the bananas in an airtight container for up to a week.

Disclaimer - We hope that you find the information on our website and resources useful. The activities set out in this resource are potentially hazardous. The activities are not suitable for all children and adult supervision may be required for some of the activities. It is your responsibility to assess whether the children in your care are able to safely carry out the activities and whether the children require adult supervision. You are responsible for carrying out proper risk assessments on the activities and for ensuring that activities can be carried out safely. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.