



Chocolate Banana Bites on Sticks

● Serves:

4 people (about 3–4 bites each)

🕒 Prep & Chill Time:

Prep: 15 minutes

Chill: 1 hour

🔧 Tools You'll Need:

1 chopping board

1 small sharp knife (used with parent help!)

1 small bowl (microwave-safe or for melting chocolate)

1 teaspoon

1 plate

Baking/parchment paper

12 lolly sticks or cocktail sticks

Fridge

🛒 Ingredients:

3 ripe bananas

100g milk chocolate (or dark chocolate if you prefer)


2 tablespoons rainbow sprinkles or crushed nuts

1 teaspoon vegetable oil (makes the chocolate smooth!)

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Steps to Make It:

1. **Peel and Chop**
2. Peel the bananas and chop each one into 4 even chunks. You should get 12 chunky bites in total.
3. **Stick 'Em In!**
4. Carefully poke a lolly stick into each banana chunk. Now they look like mini banana lollipops!
5. **Melt the Chocolate (with adult help)**
6. In a microwave-safe bowl, break the chocolate into small pieces. Add the teaspoon of oil.
7. Microwave in 20-second bursts, stirring in between until the chocolate is smooth and melted.
8. **Dip & Decorate**
9. Dip each banana pop into the melted chocolate so the top half is covered. Then roll or sprinkle with toppings like rainbow sprinkles or crushed nuts.
10. **Chill Out**
11. Place them on a plate lined with baking paper, and pop into the fridge for 1 hour or until the chocolate is set.
12. **Ready, Steady, YUM!**
13. Once set, they're ready to eat! Perfect as a treat or party snack.

 **Calories (per person, approx):**
Around 150–170 calories

Fun Tip:

Try different toppings! Crushed cornflakes, coconut, or even mini marshmallows work too!

