



# Cooking in the Kitchen at Olum's

**Molly Morgan** RD, CDN, CSSD  
*Delicious Recipes  
that are Easy & Nutritious*  
[www.olums.com](http://www.olums.com)

## Chocolate Frozen Yogurt Banana Bites

Serves 24 banana bites

### Ingredients:

- 3 large bananas, cut into 48 slices
- ¼ cup chocolate-hazelnut spread
- ¼ cup plain Greek yogurt
- 2 tablespoons powdered peanut butter (e.g. PB2)
- 1 teaspoon honey

### Directions:

1. Prepare a baking dish or cookie tray with parchment paper.
2. In a mixing bowl, combine the chocolate-hazelnut spread, Greek yogurt, powdered peanut butter, and honey. Stir to combine.
3. Banana Bites: Spread a dollop of the chocolate yogurt mixture onto a banana slice, and then top with another slice. Place on the prepared dish.

*Substitution: Frozen yogurt bites can be made with graham crackers instead of sliced bananas*

4. Freeze the banana bites (or graham cracker bites) for at least two hours. Then serve or transfer to an airtight container and store in the freezer.