



Consejo del chef

You can store them in an airtight container and enjoy them whenever you want

Raciones para 4

2

Bananas

300 g

Chocolate

Almonds

Pistachios

Grated coconut

Caramel balls

- 1** We start by peeling the bananas, cut them in half and stick an ice cream stick in them. Then we keep them in the freezer for about 2 hours.
- 2** In the meantime we can prepare the toppings we like the most. In our case we have chopped some toasted almonds and some pistachios and we have placed them on a flat dish next to the grated coconut and caramel balls.
- 3** When the banana is already frozen, we melt the dark chocolate in a bain-marie and put it in a tall glass.
- 4** Put the frozen bananas in the chocolate, let the excess chocolate fall and pass it through each of the toppings.
- 5** We let the chocolate crystallize and we have a delicious and healthy snack!

Chef's Notes

<https://cookinglovers.teka.com/es/receta/polos-de-platano-y-chocolate/>

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