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Chocolate Dipped Nut Butter Banana Bites ✦

These Chocolate Dipped Nut Butter Banana Bites are a delicious and healthy snack or dessert option. They are made by slicing bananas, spreading them with nut butter, and dipping them in melted chocolate. The combination of creamy nut butter, sweet banana, and rich chocolate creates a satisfying treat that is sure to satisfy your sweet tooth. These bites are perfect for vegans and vegetarians, as they are made with plant-based ingredients.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Bananas
100 g	nut butter

100 g dark chocolate

Directions

Step 1

Cut

Slice the bananas into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread a layer of nut butter on each banana slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Microwaving

Melt the dark chocolate in a microwave or double boiler.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Dipping

Dip each banana slice into the melted chocolate, coating it completely.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Place the chocolate-dipped banana bites on a baking sheet lined with parchment paper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Refrigerating

Refrigerate the bites for at least 1 hour to allow the chocolate to set.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 3 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Picnic

Meal Type

Snack Supper

Course

Desserts Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly Allergy Friendly Heart Healthy

Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Gluten-Free Diet

Difficulty Level

Easy

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