

Two Ingredient Banana Chocolate Chip Ice Cream Bites

Frozen bananas and mini chocolate chips are all it takes to make these tasty little ice cream bites that are the perfect healthy summer treat!

What you need:

- 6 Very Ripe Bananas
- $\frac{3}{4}$ cup Mini Chocolate Chips
- Mini Muffin Tin
- Blender/Food Processor
- Baking Sheet
- Parchment paper
- Plastic Wrap



What to do:

1. Line a baking sheet with parchment paper. Slice bananas into 1/2-inch rounds and lay flat on lined baking sheet. Cover with plastic wrap and place in freezer for 1 -1/2 hours.
2. Remove from freezer and let sit out for 5 minutes to soften slightly.
3. Place bananas in the food processor/blender and pulse/blend until smooth and creamy. Stir in $\frac{1}{2}$ cup mini chocolate chips.
4. Grease a mini muffin pan with non-stick cooking spray. Scoop the banana ice cream into each cup, and sprinkle the tops with more mini chocolate chips. Place the muffin pan in freezer for one hour.
5. Remove from freezer, place in a freezer safe container with a layer of parchment paper between each layer.
6. When ready to eat, remove from freezer, wait a few minutes so they soften.

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