



FRONANAS: FROZEN PEANUT BUTTER AND CHOCOLATE BANANA SANDWICHES

These are perfect little treats for after school. It's the ultimate combo: peanut butter, banana, and a bit of chocolate. These are so easy, and they're one of the first things my sister and I ever made on our own to practice "knife skills" with a butter knife. We named these "Fronanas" (short for Frozen Bananas) and it's stuck at our house ever since.

YIELDS: 12 pieces

TIME: 5 minutes (plus freezing time)

INGREDIENTS:

1 banana

2 tablespoons peanut butter (we use 100% Valencia peanut butter)

⅓ cup/60 g semisweet or dark chocolate chips

DIRECTIONS:

Peel the banana and trim the ends. Cut the banana crosswise into ¼-inch/6 mm slices.

Spread half of the slices with ½ teaspoon of peanut butter apiece and top each with one of the remaining slices of banana to form a "sandwich."

Melt the chocolate chips in the microwave on HIGH, stirring every 15 seconds until smooth, 1 to 2 minutes. Spread a dollop of chocolate over the top of each Fronana. It looks especially cool if you let some of the chocolate drizzle down the side. Freeze until firm.