

# Chocolate Banana Sandwich



## Ingredients

- ✓ ⅔ cup almond butter
- ✓ 4 organic bananas
- ✓ 8 wooden skewers
- ✓ ⅔ cup unsweetened dark chocolate
- ✓ 1 Tablespoons raw honey
- ✓ 2 Tablespoons of coconut oil

## Directions

Slice 4 bananas in half lengthwise and crosswise. Cover each sliced banana with almond butter, and press a wooden skewer between two pieces of banana to create 8 sandwiches. Freeze for 30 minutes.

Over low heat, melt the chocolate, honey and oil together. Dip each frozen sandwich in the melted chocolate until fully coated. Return to the freezer for 10 minutes.

There you go, a quick and delish, real food ice cream sandwich! Enjoy!