

## Curriculum Share-Cause and Effect

### Three Ingredient Peanut Butter Banana Pops

#### **INGREDIENTS**

7 bananas (2 pounds, 7 ounces with the peels on)

3/4 cup peanut butter

2 1/2 cups dark chocolate chip



1. Peel the bananas and cut them into coins. It doesn't matter what shape or size the pieces are in, as long as they are chopped up into evenly sized and somewhat small pieces. Put the bananas in a freezer-safe glass bowl or bag. Freeze for at least 2 hours, but ideally overnight.



2. Once the bananas are frozen, break them up and put half of them into your food processor. Pulse the frozen banana pieces, being careful not to overwork your food processor. Once the pieces are small and even, set your food processor to low and keep blending. The banana will look crumbly, then gooey, then like oatmeal. Scrape down the food processor when it seems like the banana is getting stuck. Keep blending until the mixture is smooth, then add half of the peanut butter. Blend for a few more seconds to aerate the ice cream. Remove the peanut butter and banana ice cream from the food processor and load into a piping bag. Fill half of your popsicle molds, tap them firmly on the counter to remove air bubbles, and transfer them to the freezer. Repeat with the remaining bananas and peanut butter. Let the popsicles freeze overnight to set completely.

3. When the popsicles are frozen, melt the chocolate. Put the chocolate chips into a tall, narrow, microwave-safe bowl and microwave for 30 seconds. Stir well with a rubber spatula, then microwave again for 15 seconds. Stir well, and repeat until the chocolate is smooth. Allow to cool briefly.

4. Remove the popsicles from the mold. The easiest way to do this is to fill your sink with hot water and hold the popsicles in the hot water for about 5 seconds. Wrap your hand around an individual popsicle mold and hold tightly to warm. Pull the stick firmly, but gently, straight up. It's tempting, but do not rock the popsicle back and forth because it might break.

5. One by one, dip the popsicles in the melted chocolate and set on a parchment-lined sheet pan to set. Sprinkle with your topping of choice, if desired. Once all of the popsicles have been dipped, place the sheet tray in the freezer for about 10 minutes to set.

<https://www.thekitchn.com/recipe-3-ingredient-peanut-butter-and-banana-popsicles-232439>