

Serves: 4 • Serving size: about ½ cup



PREP: 20 minutes  
COOK: 40 seconds  
FREEZE: 6 hours

## Fro-Nana CUPS

16 oz./455 g sliced banana, 1 1/2 cm pieces (about 4 bananas)  
¾ cup chopped peanuts  
½ cup semi-sweet chocolate chips  
1 tbsp. virgin coconut oil

1. Remove fruit from freezer, let stand 16–18 minutes.
2. Fill Sorbet Maker hopper with fruit and pour 1 tsp. warm water over fruit. Place plunger on top of fruit. Gently push down on plunger while turning handle to process. Repeat with remaining fruit.
3. Stir in ½ cup chopped peanuts.
4. Divide banana mixture evenly between four Snack Cups.
5. Add chocolate chips and coconut oil to 2-cup/500 mL Micro Pitcher. Microwave on high power, 40 seconds. Remove from microwave, stir until smooth. Pour chocolate mixture over banana sorbet, dividing equally between the four cups. Top each with remaining chopped peanuts. Serve immediately.

Nutritional Information (per serving):

Calories: 310 Total Fat: 17g Saturated Fat: 7g Cholesterol: 0mg  
Carbohydrate: 41g Sugar: 27g Fiber: 5g Protein: 6g Sodium: 5mg  
Vitamin A: 2% Vitamin C: 15% Calcium: 2% Iron: 10%

TO DEMO



Fusion Master®  
Sorbet Maker

OPTIONAL



Chop 'N Prep™  
Chef



Micro Pitcher Set



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula

date  
me

Tupperware®