

## Chocolate-Covered Fried Bananas

I like my chocolate **very** dark. My three favorites are 90% Lindt, 87% Dagoba, and 85% Lindt. I love the 99% Lindt too, but that's one to savor on its own, not tainted with anything other than perhaps a nice sweet wine.

This idea came to me by accident. I was at an out-of-town track meet in the middle of July. The temperature was somewhere around 95 degrees and I forgot that I had some dark chocolate in the car. After the meet, I went to my hotel and started refueling. When I got to the chocolate, I realized it was completely melted. So I did what any rational thinking person would do...I grabbed the bananas and scooped up the melted chocolate. Then I decided that cooking the bananas first would be even better.



3 tbsp coconut oil  
2 bananas or 1 plantain  
4 squares dark chocolate, melted  
4 tsbp unsweetened coconut flakes

1. Heat 3 tbsp coconut oil over medium heat and slice bananas into oil. Flip occasionally until both sides are browned, 5-6 minutes. Plantains will brown better, while bananas get pretty soft, but sweeter.
2. While bananas are cooking, melt the chocolate. If you have a double-boiler, that will work. If not, heat water to just below a simmer, then in a metal or porcelain bowl, add chopped chocolate pieces and place the bowl in the water. Be very careful not to get any water in with the chocolate or it will turn into a paste, which while still tasty, doesn't pour at all. If your chocolate doesn't get creamy, stir in 1 tbsp coconut oil.
3. Remove bananas to a plate and pour chocolate over them. Top with coconut flakes.