



August 24, 2016

You Will Go Bananas for These Sweet Summer Treats

Hot summer nights call for ice cream and other frozen treats. Here are some fun ways to satisfy your sweet tooth beyond the typical vanilla or chocolate.

Our Chocolate Peanut Butter Banana Pops start with a creamy mixture of banana, coconut milk, peanut butter, honey and a pinch of salt. This “smoothie” is frozen into individual pops that are dipped in a quick chocolate sauce before being rolled in peanuts. The resulting crunchy, chocolate shell gives way to a creamy, decadent centre.

Our Grilled Banana Splits take the iconic dessert to the next level. Grilling the bananas allows the sugars to caramelize, adding another dimension of flavour. That’s not all – our Peanut Butter Ganache is so rich and tasty, you’ll want to eat it by the spoonful. If that’s not enough, top your banana splits with all your favourite fixings – sprinkles, chocolate chips, crushed peanuts... the sky’s the limit.

CHOCOLATE PEANUT BUTTER BANANA POPS – *Recipe from 2016 From the Grill cookbook*

When drizzled on ice cream and frozen, leftover chocolate sauce from this recipe hardens to form a tasty shell.

Ingredients:

1 medium banana, sliced
¾ cup well-stirred canned coconut milk
1½ tbsp smooth peanut butter
1½ tsp liquid honey
Pinch salt
¼ cups milk chocolate chips
½ cup coconut oil
1 cup unsalted blanched roasted peanuts, finely chopped



Method:

1. Place banana, coconut milk, peanut butter, honey and salt in a blender; purée until smooth.
2. Pour into freezer pop moulds. Freeze until firm.
3. To prepare chocolate sauce, combine chocolate and coconut oil in a microwave-safe bowl. Microwave, uncovered, on high (100% power), stirring frequently, until mixture is smooth, about 1 – 1½ minutes. Cool to room temperature, stirring occasionally.
4. Chocolate sauce may be prepared to this point and refrigerated for up to 2 weeks. Bring to room temperature and stir before using.
5. Pour chocolate sauce into a tall glass; set aside.
6. Place peanuts in a pie plate; set aside.
7. Remove freezer pop moulds from freezer and run under warm water. This helps loosen popsicles.
8. Remove popsicles from moulds.
9. Working with one popsicle at a time, dip into chocolate sauce, shaking off excess. Roll popsicles in peanuts.
10. Place popsicles onto parchment paper-lined trays. Freeze for 10 – 20 minutes or until chocolate sauce is firm. *Makes 6.*

Cook's Note: ATCO Blue Flame Kitchen used freezer pop moulds that held a ¼ cup volume each.

GRILLED BANANA SPLITS

Ingredients:

4 unpeeled bananas
4 tsp canola oil
1 cup sliced strawberries
Vanilla ice cream*
Peanut Butter Ganache (recipe below)

Method:

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1. Cut each banana in half lengthwise. Do not remove peel. Brush cut side of each banana half with 1/2 tsp oil.
2. Grill banana halves, cut side down, over medium heat on natural gas barbecue until warmed and grill-marked, about 2 - 3 minutes. Remove from heat.
3. When cool enough to handle, remove and discard peels from banana halves.
4. To serve, place 2 banana halves, 1/4 cup strawberries and ice cream into each of 4 bowls. Top each serving with Peanut Butter Ganache. *Serves 4.*

Peanut Butter Ganache

Ingredients:

- 2 cups semi-sweet chocolate chips
- 1 cup whipping cream
- 1/2 cup smooth peanut butter
- 1 tsp vanilla

Method:

1. Combine all ingredients in a medium stainless steel bowl.
2. Set bowl over a saucepan of simmering water. Do not allow water to touch bowl.
3. Cook, stirring frequently, until chocolate chips are melted and mixture is smooth.
4. Serve warm with ice cream. May be refrigerated for up to 3 days or frozen for up to 1 month. Reheat over low heat. *Makes about 2 1/2 cups.*