



✂ Dessert ⌚ 20 min

Chiquita banana split with dark chocolate and hazelnut

Satisfy your chocoholicism with this decadent Chiquita banana split with dark chocolate and hazelnut recipe - a perfect combination of sweetness and nutrient-packed crunch!

1

Peel and cut the Chiquita bananas in half lengthwise.

2

Put some sunflower oil in a pan and brown the Chiquita bananas on medium heat. Flip them a couple of times.

3

Chop the hazelnuts in pieces.

4

INGREDIENTS FOR 2 PERSONS

- 2 Chiquita bananas
- 4 scoops vanilla ice cream
- 1 tbsp sunflower oil for baking
- 1 tbsp hazelnuts
- 1/2 cup dark chocolate nibs

NUTRITIONAL VALUES PER PERSON

- 627 Calories
- 34g Fat
- 14,6g Saturates
- 68,1g Carbohydrate
- 59,4g Sugars
- 6,2g Fiber
- 8,5g Protein
- 0,2g Salt

Melt the dark chocolate nibs au bain-marie (water bath).

5

Put the Chiquita bananas on a plate, drizzle the dark chocolate and top with chopped hazelnuts. Add the scoops of vanilla ice cream next to the Chiquita bananas.