

### **Frozen Chocolate Covered Banana Slices**

6 oz bag of Trader Joe Semi-sweet Chocolate Chips  
2 Tablespoons Vegetable shortening (like Crisco)  
1/2 Cup powdered Sugar  
2 to 4 Tablespoons Rich Non dairy Whip Topping  
or almond milk  
3 Bananas sliced.



Mix sugar, chips and shortening in glass bowl. Microwave on high for one minute and then stir. If not totally melted microwave for 15 seconds at a time stirring till melted. Stir in Rich's whip or almond milk till it is a nice syrupy consistency. It will not adhere to the banana slices if it is too thick. Put a piece of wax paper on a cookie sheet. Dip banana slices in chocolate and set on waxed paper. Place in freezer for 4 hours or until frozen solid. Move to a zip lock freezer bag. These do leave a little chocolate on your fingers when you eat them.

<http://www.lincolntent.com/GFCF-Desserts.html>