

Chocolate-Dipped Banana Bites

There's good news for chocolate lovers! Research suggests that people who regularly eat moderate amounts of chocolate may have lower incidence of high blood pressure, hardened arteries and even strokes. Studies also have shown that some of the key compounds in cocoa (two flavanols called catechins and epicatechins) are known to have heart-healthy, antioxidant effects. Pair chocolate with bananas and you gain the blood pressure lowering nutrient of potassium. Diets high in potassium are associated with improved blood pressure control.

There are several mechanisms contributing to this beneficial effect, including improved kidney function, reduction in blood clotting, and more efficient opening of blood vessels, so feel free to enjoy and indulge in this special treat!

Serves 4

Ingredients

½ cup semisweet chocolate chips
4 small bananas, peeled and cut into 1-inch chunks

Directions:

- Place chocolate chips in a heavy-duty zip-top plastic bag or small microwave-safe bowl. Microwave at HIGH 1 minute or until chocolate melts.
- Dip banana pieces in chocolate and cool on a baking rack.

Nutritional information per serving

Calories: 190

Total Fat: 7 grams

Saturated Fat: 4 grams

Cholesterol: 0 milligrams

Protein: 2 grams

Total Carbohydrates: 36 grams

Dietary Fiber: 4 grams

Sodium: 50 milligrams

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