

Caramelised banana choc top pops (vegan)

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We love these caramelised banana choc top pops from Martyna Angell.

Each pop in this recipe contains only about 60 grams of [banana](#). The chocolate coating and nuts (or buckinis in the nut-free version) help to do so as well. Caramelising the bananas under a hot grill brings out a more intense flavour.

Bananas are a great energy snack, but have been banished by some for their high sugar content. For a vegan and dairy-free alternative, I've added coconut cream to help stop those sugar-hit spikes.

Ingredients (makes 6-8)

- 3 large bananas (about 500g)
- 1/3 cup rice malt syrup or raw honey
- 1/4 teaspoon vanilla essence
- 1 cup coconut cream
- Pinch sea salt flakes

Nutty Chocolate Coating

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- ½ cup [coconut oil](#), melted
- ¼ cup cacao powder
- ¼ cup chopped peanuts or buckinis for a nut-free version

METHOD

Preheat an oven grill to 180°C.

Wash and peel bananas. Cut in half lengthways and place on a baking tray lined with baking paper. Drizzle with one tablespoon rice malt syrup (or honey) and place under the grill for six to eight minutes or until the syrup begins to turn bubbly and golden. Remove from the oven and allow to cool slightly before processing.

To process, place cooled caramelised bananas in a blender. Add remaining rice malt syrup, vanilla essence, coconut cream and sea salt flakes. Process on medium high until the mixture is smooth and uniform. Divide mixture evenly between ice pop moulds. Add a paddle pop stick and freeze for four to six hours.

You can serve them as is, or for a special treat, coat them in a chocolate shell and dip into crunchy nuts.

To make the Nutty Chocolate Coating, mix melted coconut oil with cacao in a jar, wide enough to dip the ice pops without touching the sides, until uniform (you may need to warm up the oil and mix it up a few times during the coating process). Place nuts (or buckinis as a nut-free alternative) in a small bowl next to the chocolate. Dip each ice pop into the chocolate once, or twice depending on how rich and thick you want the layer to be, finishing off with a quick dip in the chopped peanuts or buckinis.

Serve immediately or place in a zip lock bag and return to the freezer. Consume within two months.

Recipes and photography by [Martyna Angell](#)

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