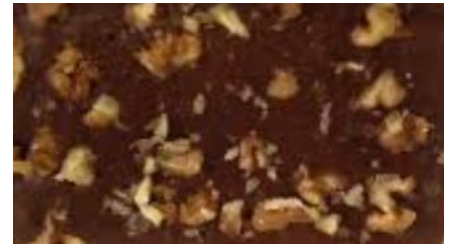


COCOA & BANANA FUDGE

INGREDIENTS

- 16 Non-stick cooking spray
- 16 Bananas (ripe)
- 1 C Cocoa powder
- 4 oz Honey
- 4 oz Nuts (chopped)



DIRECTIONS

- 1 Spray non-stick cooking spray on the bottom & sides of a 8 X 8 pyrex dish
- 2 Blend bananas, cocoa powder, honey to a smooth paste
- 3 Pour the paste into the pyrex dish & spread the nuts on top
- 4 Freeze for at least 4 hours **OR** until frozen solid
- 5 Cut into 16 squares

NOTES

- 1 16 servings
- 2 If you have fudge left, place it in a covered container & keep in the freezer until you serve it again

