

Stuffed Bananas

Serves 4

Allergens: Peanuts, check chocolate chip and other ingredient labels



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 4 bananas, just ripe or a little green
- ½ cup peanut butter, organic preferred
- ½ cup dark chocolate chips (use vegan or dairy-free if necessary)
- ½ cup chopped peanuts, organic preferred

Other Toppings (not all ingredients are vegetarian, gluten-free, or dairy-free)

- Chocolate + marshmallows + crumbled graham crackers
- Strawberries + hazelnut spread + hazelnuts
- Chopped nuts
- Cold cereal
- Other fruit

Directions

1. Using a paring knife, cut a slit in the banana lengthwise along the inside curve. From the cut, peel the banana open, leaving the peel on.
2. Spread a layer of peanut butter on the inside of the banana, then add chocolate chips.
3. Use a 12" square of foil to wrap the banana. Repeat steps 1-3 with remaining bananas.
4. Prepare a campfire. If possible, wait until the fire is reduced to embers. Use a stick to spread out the embers and place the foil-wrapped bananas on top.
5. If your fire is still going, place the wrapped banana on a grill grate over the fire, out of the flames.
6. After about 5-10 minutes, use tongs to give the wrapped banana a light squeeze. If it gives a little, it is probably done. Remove from the embers. The foil will cool down quickly but open the foil very carefully because any steam released will be very hot. Pull back the banana peel and eat the insides with a spoon.

Notes

- To make at home: Stuff bananas, then place on a baking sheet (no need to wrap in foil) and roast for 8-12 minutes at 400° F, or until banana gives a little when squeezed.
- If you need this recipe to be vegan, be sure to use vegan chocolate. If you need it to be dairy-free, be sure to use vegan or dairy-free chocolate. As always, check labels for any allergens or special dietary needs.

Recipe from [Rustic Meals for Camping, Cookouts, or Home, Spring 2019](#)

