



From the Kitchen of Executive Chef Jessica VanRoo

Crispy Dark Chocolate Banana Rolls

Description

Do you feel a nice mood boost whenever you sink your teeth into a bar of pure, unadulterated chocolate? It is not happenstance. It's caused by a chemical called anandamide, a neurotransmitter produced in the brain that temporarily blocks feelings of pain and depression. The name is a derivative of the Sanskrit word "bliss," and one of the great things about dark chocolate is that it not only leads the body to produce this compound, but also contains flavanols, which help produce nitric oxide, relaxing your blood vessels and improving blood flow and lowering blood pressure. Better blood flow protects the heart and improves brain cognition. Another serious mood lifter is the banana, with its combination of vitamins A, B6 and C, not to mention fiber, tryptophan, potassium, phosphorous, protein and healthy carbohydrates. The fructose in a banana, provides a quick boost as well as sustaining energy from the fiber. This also helps prevent a blood sugar spike and an ensuing drop in energy and mood. Carbohydrates also aid in the absorption of tryptophan in the brain and vitamin B6 helps convert the tryptophan into mood-lifting serotonin.

*Recipe makes 8. Total cost \$8.02/\$1 per serving. 352 calories per serving.

Ingredients

Rolls:

- 8 frozen phyllo pastry sheets, thawed
- Grapeseed oil or melted butter for brushing
- 4 medium bananas, cut in half vertically
- 8 tablespoons dark chocolate chips



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Chocolate drizzle:

½ cup dark chocolate chips

1 tablespoon cream

Instructions

1. Preheat oven to 350 degrees. Line baking sheet with parchment and set aside.
2. Fold one phyllo pastry sheet in half across in length, brushing lightly with oil or butter.
3. Place one tablespoon of chocolate chips on the phyllo sheet about 1 inch in from the bottom. Top with a banana half.
4. From the bottom of the sheet, fold phyllo over the banana and roll up once. Fold one side of the phyllo sheet then the other side to create a straight channel for rolling. Roll the pastry up into a packet.
5. Place rolled phyllo on parchment-lined baking sheet, open end facing down.
6. Repeat with remaining phyllo sheets.
7. Bake 20 minutes or until golden brown.
8. While rolls are baking, melt remaining ½ cup of chocolate chips and cream, using microwave or double boiler.
9. Remove baking sheet from oven and allow rolls to cool for a few minutes. Drizzle with chocolate cream mix and serve.