

Frozen Chocolate- Banana Treats

These delicious cocoa-infused frozen banana ice cream treats get rolled in crunchy Grape-Nuts cereal to keep the ice cream from melting all over your fingers. Kashi 7 Whole Grain Nuggets cereal is another good coating option.



By Ann Crile Esselstyn

Ingredients: Makes

50 treats

- 1/3 cup unsweetened cocoa powder
- 1/3 cup unsweetened plant milk, such as almond, soy, cashew, or rice
- 1/4 to 1/3 cup pure maple syrup
- 2 teaspoons pure vanilla extract
- 2 ripe bananas
- 2 cups rolled oats
- 1 1/2 cups Grape-Nuts cereal

Directions:

- 1 In a food processor combine the first five ingredients (through bananas). Cover and process until well combined. Transfer mixture to a large bowl. Add oats; mix well.
- 2 Line a baking sheet with waxed paper or parchment paper. Place cereal in a small bowl.
- 3 Using the large end of a melon baller or a small spoon, scoop up a small chocolate ball and drop it into cereal. Roll ball with a spoon or your fingers to cover completely with cereal. Gently place the ball on prepared baking sheet. Repeat with remaining chocolate mixture and cereal.
- 4 Place baking sheet in the freezer until treats are frozen. Transfer treats to an airtight container. Store in the freezer.