

Frozen Chocolate Crunch Cookies

Ingredients:

- 2 ripe bananas, mashed
- 1/3 cup unsweetened cocoa powder
- 1/3 cup unsweetened plant milk, such as almond or soy milk (optional)
- 1/4 cup natural peanut butter or almond butter
- 1/4 cup maple syrup
- 1 tsp. vanilla extract
- 2 cups rolled oats
- 1 1/2 cup crunchy cereal (plain cheerios or Kashi cereals)



Directions:

1. In a large bowl mash bananas with a fork. Add nut butter, cocoa powder, plant milk, maple syrup, and vanilla; mash and stir to combine. Mix in oats; mix well. If mixture is too runny, refrigerate 15-30 minutes to help set. If mixture is too dry, add unsweetened plant milk.
2. Line a baking sheet with parchment paper. Place crunchy cereal in a small bowl.
3. Using a small spoon, scoop up a small chocolate ball and drop into cereal. Gently place the ball on prepared baking sheet. (If you like, flatten ball with the back of spoon into a cookie shape.) 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 freezer.



Nutrition Facts	
12 servings per container	
Serving size	1 Cookie (67g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.2mg	10%
Potassium 270mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Highlights: The combination of oats, fruit, and a small amount of natural sweetener provides carbohydrates for energy and active play.