



Tasty
Tuesdays



Frozen Chocolate-Banana Treats

1/3 cup unsweetened cocoa powder

**1/3 cup unsweetened plant milk, such as almond or cashew,
or low fat milk**

1 tsp pure vanilla extract

2-3 ripe or over-ripe bananas

2 cups rolled oats

1 ½ cups Grape-Nuts cereal



Directions

In a food processor combine the first four ingredients. Cover and process until well combined. Transfer mixture to a large bowl. Add oats; mix well. Line a baking sheet with waxed paper or parchment paper. Place cereal in a small bowl. Using a small spoon, scoop up a small chocolate ball and drop it into the 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 mixture and place baking sheet in freezer until treats are frozen. Transfer treats to an airtight container. Store in freezer.