



Makes 50 treats
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

2 ripe bananas

⅓ cup unsweetened cocoa powder

⅓ cup unsweetened plant milk, such as almond, soy, cashew, or rice

¼ to ⅓ cup pure maple syrup

2 teaspoons pure vanilla extract

¼ teaspoon peppermint extract (optional)

2 cups rolled oats

1½ cups crunchy cereal (see tip, recipe intro)

Frozen Banana Treat with Chocolate (Better Than Ice Cream!)

These cocoa-rich frozen bites are rolled in crunchy cereal for a wholesome twist on dessert. Whole-food, plant-based pioneer Ann Esselstyn has been making and enjoying them for years, and now you can, too. Try them as chewy balls, flatten them into cookies, or add peppermint extract for a refreshing variation—and don't miss the video (below) of Ann and her daughter Jane making them together.

<https://www.youtube.com/watch?v=ILJSretLreo>

Tip

For the cereal coating: Grape Nuts, Kashi 7 Whole Grain Nuggets, and Ezekiel 4:9 Golden Flax Cereal are all good coating options.

This recipe was updated in October 2025 based on reader feedback. We've added tips to help the batter set, included alternative coating options, and embedded the video from Jane and Ann showing step-by-step instructions. Happy snacking!

By Ann Crile Esselstyn, M.Ed.

- 1 In a large bowl mash bananas with a fork. Add cocoa powder, plant milk, maple syrup, vanilla, and peppermint (if using); mash and stir to combine. Stir in oats; mix well. If mixture is too runny, refrigerate 15–30 minutes to help set.
- 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. (If you like, flatten ball with the back of a 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 the freezer.