

## **Chocolate-Dipped Frozen Banana Bites** (adapted from eatingwell.com)

### Ingredients

- 3 large bananas, peeled
- ¼ cup natural peanut butter or almond butter
- ¾ cup chocolate chips (milk, semi-sweet, or dark)

### Directions

1. Cut each peeled banana in half lengthwise. Spread each half with peanut butter or almond butter. Place the banana halves together to make a 'banana sandwich.' Cut 6-8 rounds from each 'sandwich'. Line a baking sheet with parchment paper or wax paper. Place banana rounds on the baking sheet and freeze for 2 hours (or overnight).
2. Place chocolate chips in a glass bowl. Microwave on high, in 15-second increments, until melted (1-1 ½ minutes total). Dip half of each frozen banana in the chocolate. Let stand until set. If not serving immediately, return to the freezer.

## **Dark Chocolate Hummus** (adapted from eatingwell.com)

### Ingredients

- 1 15 oz can chickpeas/garbanzo beans, rinsed and drained
- 2 TBSP tahini
- 2 TBSP natural peanut butter (or almond butter)
- 1/3 cup maple syrup or agave
- 1/3 cup water
- ½ tsp vanilla
- 4 oz bittersweet chocolate, coarsely chopped

### Directions

1. Place chickpeas, tahini, peanut butter, maple syrup, water and vanilla in a food processor. Process, scraping down sides as needed, until smooth.
2. Place chopped chocolate in a glass bowl. Microwave on high, in 15-second increments, until melted (1-1 ½ minutes total).
3. With the food processor running, add melted chocolate and process until combined.
4. Serve with apple slices, bananas, strawberries, pretzel sticks, or graham crackers.

## **Avocado Brownies (gluten-free)**

(adapted from [thetoastedpinenut.com](http://thetoastedpinenut.com))

### Ingredients

- 1 large ripe avocado
- 2 large eggs
- 1 tsp vanilla
- ½ cup brown sugar
- 3 TBSP coconut oil, or butter (at room temperature)
- ½ cup almond meal/flour
- ½ cup cocoa powder (it's okay to use a dark version for a richer brownie)
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup chocolate chips (milk, semi-sweet or dark), plus a couple of tablespoons

### Directions

1. Preheat oven to 350°F. Line a 9x9" square pan with parchment paper. If you use an 8x8" pan, add 5 minutes to the baking time.
2. Place the avocado, eggs, vanilla, brown sugar, and coconut oil in a food processor. Process until it's completely smooth, pausing a couple of times to scrape down the sides.
3. Add the almond flour, cocoa powder, baking soda, and salt to the food processor. Process until completely combined.
4. Add the chocolate chips and pulse a few times to get the chocolate chips incorporated.
5. Pour the batter into the pan and spread it out evenly.
6. Sprinkle with additional chocolate chips and bake for 17 – 20 minutes until the top is set and it bounces back when you gently touch it with your finger.