

Healthy Cookie Dough Blizzard

that
tastes
delicious!

For The Cookie

Dough:

- 1/2 cup of nut or seed butter
- 1 cup of nut or seed flour
- 2 Tbs of maple syrup
- 1 tsp of vanilla
- 1 pinch of salt
- 1/4 cup of dark chocolate chips

For The Ice Cream:


- 2 1/2 cup of frozen bananas
- 3/4 cup of milk (any kind)
- 2 Tbs of nut or seed butter
- 1 tsp vanilla
- 1/3 cup of dark chocolate chips

Materials

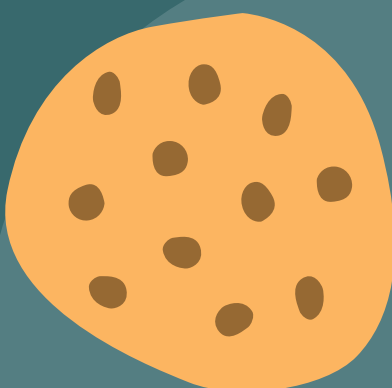
- spoon
- blender
- bowl
- measuring cups and spoons
- tray
- serving cup or bowl




Steps:




Use the spoon to mix all of the cookie dough ingredients in a bowl until it becomes a soft dough.



Form balls and place on the tray in the freezer for 15 minutes or 30 minutes in the fridge.



While the dough freezes put all the ice cream ingredients in the blender until smooth. If it is too thick add milk, if it's too thin add more frozen banana.



Next take a cup or bowl and put a layer of ice cream then a layer of cookie dough balls, repeating a few times until it is full. For smaller portions you can do fewer layers and save any extras in the freezer.

Add more cookie dough or any other toppings you like and enjoy!