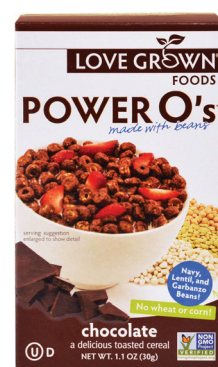




Love Grown Foods Chocolate Power O's

Passionate about making delicious and nutritious foods available to everyone, Love Grown Foods was started to put healthier foods on the shelves. Made with navy beans, garbanzo beans, and lentils, Power O's are a powerfully nutritious cereal and a great way to power up your day!



Ingredients

Serves 8

- ◆ 4.4 oz. Power O's, honey or chocolate, crushed
- ◆ Pinch of French Grey or Kosher salt
- ◆ 7 Tbs. unsalted butter, melted
- ◆ 2 Tbs. all natural chocolate sauce
- ◆ 2 pints of all natural vanilla ice cream
- ◆ Strawberries
- ◆ Blueberries
- ◆ Aged pomegranate balsamic vinegar, (optional), for drizzling

Instructions

1. Preheat the oven to 350 degrees.
 2. Crush the cereal into fine crumbs with a rolling pin. Place in a bowl. Melt the butter and pour over the crushed Power O's. Mix well. Pour into a 9 pie plate and distribute and press in evenly all around forming the crust, being careful not to make any area too thick, particularly where the sides meet the bottom of the pan.
 3. Bake the crust on the middle rack in the oven for about 8 minutes. Let cool completely before filling.
 4. Drizzle the chocolate sauce on the bottom of the crust. Spoon the 2 pints of ice cream evenly all around in the crust. Do this quickly so you don't have melting along the sides. Cover with plastic wrap and freeze until ready to serve.
 5. Just before serving decorate the top with blueberries and strawberries. Cut with a knife dipped in hot tap water and serve with LOVE.
- * Optional: Drizzle on pomegranate balsamic vinegar for a nice surprise.

Notes