



ROCKY ROO



AN EASY STEP BY STEP GUIDE TO THE
BEST EVER CHRISTMAS ROCKY ROO!

INGREDIENTS

CHOCOLATE

200g Milk Chocolate
1/3 cup Peanut Butter
2 teaspoons Coconut Oil
1 teaspoon Vanilla Extract
2 table spoons Maple Syrup

FILLING

1/3 cup Dried Cranberries
1/3 cup Freeze Dried Raspberries
1 cup Puffed Cereals or Popcorn
1/4 cup Coconut Flakes



1. Line a square pan with baking paper and set aside.
2. In a saucepan, under low heat, have a parent melt the chocolate, peanut butter, coconut oil, maple syrup and vanilla. Remove from heat once the mixture is smooth.
3. Stir in all the other ingredients. You can add more popcorn or puffed cereals, depending on your taste.
4. Transfer the mixture onto the prepared pan and press with the back of a silicon spatula to spread and flatten evenly.
5. Freeze 15 minutes or until the chocolate is set. Enjoy!



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