Banana Chocolate Ice Cream

yield: 2 SERVINGS  
cook time: 0 MINUTES  
prep time: 5 MINUTES  
total time: 5 MINUTES

INGREDIENTS
2 bananas (frozen, sliced)  
2 tbsp cocoa powder  
2 tbsp nut or seed butter  
¼ cup milk (only if making in food processor)

INSTRUCTIONS
1. Add all ingredients to Vitamix blender or food processor.  
2. Blend on high speed for 2-3 minutes until smooth. Stop and scrape the sides with a spatula as needed.  
3. Add desired toppings.  
4. Serve immediately or freeze for 2 hours for a hardened texture.

Toppings: chocolate chips or chunks, sprinkles, whipped cream, chopped nuts, chocolate drizzle, caramel drizzle, berries.

Nut & Seed Butters: peanut, sunflower seed, cashew, almond, soy.

Equipment Note: a high-power blender (Vitamix or Blendtec) or a food processor is needed to blend frozen bananas. Milk may be needed to achieve the proper consistency when using a food processor. Any milk or alternative works.

Serving Size: easily double the recipe for more servings - no extra work required!