

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*)

Make this 1-step healthy ice cream that tastes just like soft-serve!

Great for a refreshing snack to satisfy your cravings.

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!