



Chocolate Banana Ice Cream

1 serving

5 minutes

Ingredients

- 1 Banana (sliced and frozen)
- 1 tbsp Cocoa Powder

Nutrition

Amount per serving	
Calories	117
Fat	1g
Saturated	1g
Carbs	30g
Sugar	15g
Protein	2g
Cholesterol	0mg
Sodium	2mg

Directions

- 1 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

- Double Chocolate,** Stir in organic dark chocolate chips right after processing.
- More Creamy,** Add 2 tbsp coconut milk (additional calories will apply)