

Healthy Chocolate Ice Cream



Ingredients

6 peeled and frozen bananas

½ cup cocoa powder or cacao powder

1 tsp vanilla essence

1½ cups coconut milk, almond milk or your preferred non-dairy beverage (even water works)

Method

To make your healthy chocolate ice cream, peel and cut up 6 fresh bananas and place into the freezer at least 8 hours ahead of when you want to eat the finished product.

When the bananas are fully frozen, place them, cocoa/ cacao powder, vanilla essence and liquid into a food processor and blend until smooth. Feel free to add more liquid if the mixture is too thick to blend.

Serve immediately with some chocolate pieces or cacao nibs!

Tips: Don't use over-ripe bananas, as desirable in some recipes, as they enhance the banana flavor. Using fresher bananas add a more subtle flavor and allows the chocolate flavor to come through.

Source: Saving the Green



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