

Banana Chocolate Ice Cream

You Will Need:

- 3 medium bananas, sliced and frozen
- 2 Tablespoons cocoa powder
- a food processor or blender



Directions:

1. Put your frozen banana slices in a food processor or blender and blend until it starts to get creamy and smooth. If you are using a blender (like me) instead of a food processor, you will have to keep stopping to scrape down the sides with a rubber spatula.
2. Add in the cocoa powder and continue blending until everything is combined and is **the consistency of soft serve ice cream**.
3. Serve immediately or put it in the freezer for up to an hour or two. (Any more than that and it will be a popsicle...which would also be a fun snack.)

Here are a few of my favorite varieties:

- cinnamon and vanilla
- fresh strawberries
- fresh peaches
- pineapple and mango
- honey and peanut butter

Nutrition Facts:

<u>Whole Recipe</u>	<u>2 servings</u>	<u>4 servings</u>	<u>6 servings</u>
340 calories	170 calories	85 calories	57 calories
6 g protein	3 g protein	1 g protein	1 g protein
87 g carbohydrate	44 g carbohydrate	22 g carbohydrate	15 g carbohydrate
3 g fat	1 g fat	1 g fat	0 g fat
1 g saturated fat	1g saturated fat	0 g saturated fat	0 g saturated fat