

Healthy Chocolate Banana Ice Cream

Ingredients

- 3 frozen bananas, chopped into chunks
- ¼ cup [almond milk](#), unsweetened chocolate or vanilla
- 1 Tablespoon [almond butter](#)
- ½ – 1 Tablespoon [cacao powder](#), or cocoa powder
- ½ Tablespoons cacao nibs or chocolate chips, optional

Instructions

- 1 Place bananas, almond milk, almond butter and cocoa powder into a food processor or high speed blender.
- 2 Pulse/process until smooth and creamy. You may need to turn off the motor and stir the mixture a couple times while processing.
- 3 Add in cacao nibs or chocolate chips (if using) and pulse once more. Spoon ice cream in to a bowl and enjoy! If you want to be able to scoop the ice cream you can place it in the freezer for 2 hours so it's solid enough to scoop.



Nutrition

Serving: 1/2 of recipe | **Calories:** 240kcal | **Carbohydrates:** 47g | **Protein:** 4g | **Fat:** 7g | **Saturated Fat:** 2g | **Sodium:** 26mg | **Fiber:** 7g | **Sugar:** 23g