HEALTHY CHOCOLATE BANANA ICE CREAM

I scream, you scream, we all scream for ice cream! Here's a healthy treat to cool you down on a hot day! This bowl of ice cream has only good for you ingredients. You can get creative to what you add-in to the ice cream to make it your own! Add some nuts, fresh fruit, chocolate chips, peanut butter

Ingredients:

- 2 frozen bananas (very ripe)
- 2-3 tablespoons cacao or cocoa powder
- 2 tsp vanilla extract



Directions:

1. Peel and slice bananas and freeze overnight in freezer bag
2. Put the frozen bananas and cacao in a food processor (a blender can also be used)
3. Blend together until the mixture looks like soft serve ice cream (1-2 minutes)
4. Enjoy!!

NUTRITION PER SERVING (Makes 2 servings):

Per serving: Calories 144, Fat 1g, Carbs 37g, Sugar 18g, Protein 3g, Sodium 3mg

Reference: www.bowlofdeliciousness.com