

Cinnamon Chocolate Banana Nice Cream



Ingredients

Makes 2 servings

2 ripe bananas, peeled,
cut and frozen
(see note)

$\frac{1}{4}$ cup milk or milk
alternative

2 teaspoon cocoa
powder

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{4}$ cup mini chocolate
chips

Directions

1. Place frozen bananas, milk, cocoa powder and cinnamon into a food processor. Blend until smooth, using a spatula scrape sides.
2. Once smooth, stir in mini chocolate chips.
3. Serve as is or freeze for 1 hour for firmer texture

Note

- To freeze bananas, peel, slice into quarters, and then place on a parchment-lined baking sheet. Freeze for 1 hour before transferring to a freezer-safe bag or container. Although you can freeze bananas whole, they will freeze faster and blend easier if broken into smaller pieces.
- If nice cream is too thick after blending add more liquid, if too thin add in more bananas.

Nutrition Facts

Calories:	105kcal	per servings
Fat:	0.4g	
Carbohydrates:	27g	
Protein:	1g	
Sodium:	1mg	
Fiber:	3g	
Sugar:	14g	