



# Banana Ice Cream

## Ingredients

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- 2 yellow bananas
- 1/4 cup organic walnuts chopped
- 1/4 cup of 90% dark chocolate
- 1/4 tsp vanilla or Vanilla bean extract
- 1-2 tbsp non-dairy milk (cashew, almond or other non-dairy alternative)

## Supplies

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Blender or Food Processor

Non-toxic cutting board

Cutlery Knives

Serves 2. A refreshing and healthy frozen treat for hot summer days.

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## Directions

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1. Peel bananas, cut into chunks, and place in the freezer for about 1 hour. Save a few slices for topping.
2. Add cold bananas, half walnuts, vanilla or vanilla paste to blender or food processor.
3. Blend, adding dairy alternative until smooth.
4. Chop dark chocolate into chunks, (I prefer Lindt Excellence 90% Dark Chocolate.)
5. Remove banana mixture from blender or food processor and scoop into bowls.
6. Add remaining chopped walnuts, sliced banana, and chopped dark chocolate.
7. Enjoy with a friend!