



Nice Cream

CHOCOLATE

Ingredients:

- 4 frozen bananas (cut in coins before freezing)
- 1/4 cup plain unsweetened plant-based milk
- 1/4 cup cocoa powder

Directions:

- In a high-speed blender or food processor, puree the milk, banana, and cocoa powder until smooth.
- Transfer the mixture to a bowl and cover it. Chill the mixture in the freezer or enjoy right away!

**** Notes:** The riper the bananas, the sweeter your nice cream will taste. Try adding 1 teaspoon of vanilla or 1 tablespoon of maple syrup if you desire.

