



✂ Dessert ⌚ 5 min

Chocolate Almond Butter Banana Ice Cream

Enjoy this guilt-free version of ice cream. Made with only three ingredients, it's a snap to prepare.

1

Place the frozen bananas in a food processor and blend until you have a consistency resembling soft serve ice cream. Tips : After chopping the bananas, you can freeze them for at least 8 hours

2

Add the cocoa powder and almond butter and blend until combined.

3

Enjoy as soft serve, or, for a firmer ice cream, transfer the mixture to the freezer for 30 minutes before serving.

INGREDIENTS FOR 2 PERSONS

3 ripe Chiquita Bananas, with brown flecks on peel
2 tbsp cocoa powder
3 tbsp almond butter

NUTRITIONAL VALUES PER PERSON

339 kcal Calories
14.6g Fat
2.2g Saturates
48.1g Carbohydrate
23.3 Sugars
8.9g Fibre
8.0g Protein
0.1g Salt