

Chocolate 'ice cream'

Preparation time: 5 mins, advance freezing time: 2+ hours

Make a tasty and healthy, naturally sweet chocolate 'ice cream' with a few simple ingredients.

Ingredients:

- 3 bananas, sliced and frozen
- 1 ½ – 2 tbsp cacao powder or more, to taste
- 1 ½ tbsp nut butter
- Pinch sea salt flakes (optional but recommended)
- Dark chocolate chips or toasted chopped nuts to top, (optional)

Directions:

- Place the frozen banana slices, cacao and nut butter in a food processor or blender and blend until smooth and the consistency of soft serve ice cream. You will need to stop the blender and scrape down the sides several times.
- Add the salt, choc chips or nuts for the final few seconds of blending or sprinkle on top
- If too soft, place in the freezer for 30 minutes

This can be stored in the freezer for a couple of weeks. If the 'ice cream' is too hard to scoop, allow to defrost for 10 or 15 minutes before serving.

The bananas add natural sweetness, but you can add a little maple syrup if you feel that additional sweetness is required.

Raw cacao is a true superfood and a great source of polyphenols to support gut and immune health.

Eco tip: this is a great way to use up over-ripe bananas. Just slice and freeze and use when needed.