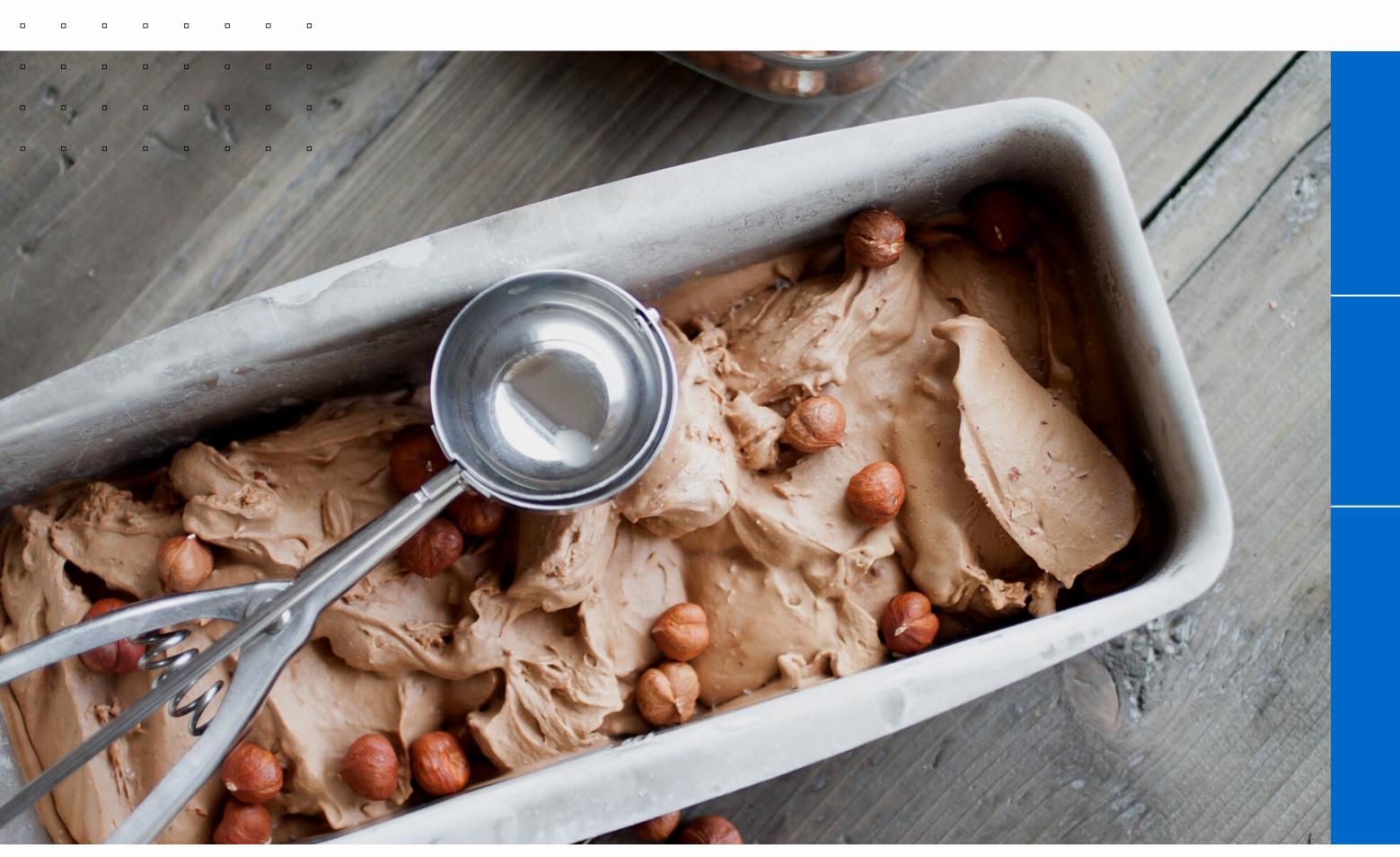
CHOCOLATE HAZELNUT ICE CREAM





PREP TIME20 MINS

SERVES x 4

INGREDIENTS

- 2 frozen bananas
- 2 tbsp cocoa powder
- 4 pitted dates
- 1/4 cup raw hazelnuts
- 1 cup plain plant-based yogurt of choice
- 1 square dark chocolate, chopped
- 1 scoop protein powder (optional)

Optional Booster:

• 1 scoop <u>OOMPH SUPER</u> or <u>LUSH</u>

DIRECTIONS

- 1. In a high powered blender, place milk & hazelnuts and let soak for 15 minutes. Then blend until nuts are pureed.
- 2. Add all the remaining ingredients (except dark chocolate) and blend for 1-2 minutes until smooth. Add more milk/water to achieve the desired consistency.
- 3. Pour into a tray/container and top with chopped chocolate. Freeze for at least 2 hours. Enjoy!