



# PRO YOUTH

**SUMMER RECIPES**



## BANANA SPLIT NICE CREAM

Grab a grater and shave it on top of this fantastic and easy, 3 ingredient nice cream recipe. All of the fun, with none of the guilt.

DESSERT

# BANANA SPLIT NICE CREAM

1. Chop up a banana into coin sized slices and freeze for at least 4 hours.
2. After 4 hours, grab a blender and blend the banana with the honey & almond milk
3. Return to the freezable container and freeze again for another 4-6 hours
4. Take out of the freezer, scoop into a bowl and shave your PY bar on top
5. Enjoy and experiment with other flavours

## Ingredients

1 Banana

2 Tbsp Almond Milk

50g Honey or Maple Syrup

## Toppings (you choose).

1/2 Banana

1/2 ProYOUTH Banana Split Bar



## CHOCO CHIP FROZEN COCONUT BOWL

Turn your PY Choco Brownie bar into chunks and stir them into this sensational chocolate whip. The blend of coconut milk and cocoa creates a light, fun and healthy twist on a gelato classic. Give it a try!

*DESSERT*

# CHOCO CHIP FROZEN COCONUT BOWL

1. Blend together coconut milk, cocoa powder and honey
2. Chop PY bar into chunks, a similar size to chocolate chips.
3. Stir PY bar chunks into cocoa coconut mixture.
4. Transfer into a freezable tray and freeze for 4-8 hours depending on how thick you want it to set.
5. Take out of the freezer, scoop into a bowl, sprinkle with sea salt and Enjoy!

## Ingredients

1 Tin full fat coconut milk

40g cocoa powder

50g Honey or Maple Syrup or to taste

1/2 ProYOUTH Choco Brownie Bar

Sprinkle of sea salt