

Chocolate Ice Cream

Prep Time: 5 Min **Total Time:** 5 Min
Serves 5

Ingredients

- 1 cup almond milk
- 3 frozen bananas
- 1/2 cup frozen blueberries
- 4-5 whole raw walnuts
- 2 heaping teaspoons cocoa powder
- Stevia to taste (about 1-2 droppers)

Instructions

- 1 Cut up the bananas
- 2 Add all ingredients in a blender
- 3 Blend to the consistency of soft ice cream
- 4 Enjoy a serving & freeze the rest
- 5 Remove from freezer and leave at room temperature for a short amount of time to soften a little.

Notes

Each serving is about 1/2 pint or 1 cup

As we stabilize & maintain our new weight, satisfaction is one of the keys to our success.

This recipe certainly satisfies the sweet tooth. My husband and whole family including my 6 grandchildren love it and it's definitely worth the little effort. I no longer waste my money on store-bought ice cream and the health benefits are top notch. It's also inexpensive - especially when you get bananas at 1/2 price - just ensure they are not too over ripe.

Variations are endless. Be creative.

Variation 1. Omit the cocoa and blueberries for Banana Walnut Ice Cream.

Variation 2. Add 3-4 tablespoons of 'natural' peanut butter to either versions. (It's a few more calories but worth it!)

Variation 3. For Strawberry Ice Cream substitute the blueberries with frozen strawberries and omit the cocoa.

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