

Five Minute Chocolate Ice Cream

Ingredients

2 large bananas, frozen (see note)

1 teaspoon vanilla

2 tablespoons soy, hemp or almond milk

2 regular dates or 1 medjool date, or ½ tablespoon honey

1-2 tablespoons unsweetened cocoa powder



Makes 2 servings

Total time: 7 minutes

Preparation

Add non-dairy milk, vanilla, dates and cocoa powder to a high-powered blender and start to blend. Drop frozen banana pieces in slowly. Add additional non-dairy milk if needed to reach desired consistency.

Note: Freeze ripe bananas at least 8 hours in advance. Peel bananas and seal in a plastic bag before freezing.

-Originally called Jana Banana Chocolate Ice Cream

By <https://www.drfuhrman.com/recipes/1400>

