

Chocolate Nice Cream

Yield: 3 cups

Prep Time: 10 minutes

Author: adapted *Vita Mix recipe*

Ingredients

- 2 bananas, peeled, halved
- ½ avocado, pitted, peeled
- 4 Tbsp cacao powder
- 1 tsp vanilla extract
- 1 Tbsp honey or maple syrup or sweetener of your choice
- 3 cups (390 g) ice cubes

Instructions

1. Place all ingredients into a high-speed blender (Vitamix) in the order listed and secure the lid.
2. Start the machine, slowly increase to the highest speed, and blend for 50 seconds using the tamper to press the ingredients into the blades
3. If needed: you may need to add water to help mixture along. Add 3 Tbsp at a time until desired consistency achieved.
4. Garnish with cacao nibs, flaked coconut and sliced almonds, optional.
5. Enjoy