

Vegan Chocolate Banana Ice-Cream



Ingredients

- 4 sliced FROZEN ripe bananas
- 4 Tbsps unsweetened almond or coconut milk
- 2 tsps pure vanilla extract
- 2 Tbsps all natural cacao powder
- (optional) 1 or 2 scoops vanilla or chocolate protein powder of choice
- (optional) fresh banana, sliced to place on top immediately before freezing, as shown

Instructions

1. Put all ingredients into a food processor, or high-speed blender and blend or pulse just until smooth. Stop the blender and scrape down the sides a few times until everything is combined.
2. Fill a silicone cupcake mold with the mixture, then top each cup with fresh banana slices, as shown if desired.
3. Freeze for about 4 hours or overnight.
4. Remove from molds and enjoy immediately, or wrap in plastic and store in your freezer for up to a week