



3 Ingredient Dark Chocolate “Ice Cream”

So Easy; So Delicious; and So Healthy too! Wow!

- 3 frozen bananas cut into chunks
- 2 Tablespoons cocoa powder
- 1 Tablespoon maple syrup

Place all ingredients in blender or food processor; process to combine ingredients; increase processing speed until a soft serve ice cream consistency; scrape down sides as needed.

This can be served as a soft served frosty dessert or spoon into an airtight container; freeze for about 1 hour for scooping consistency.

Serve in scoops in custard cups or fancy dessert glasses. Top with your favorite mixed berry fruits, and sprinkle with Healthy Crisp Oat Crumble Topping. (See website recipe)

Serves: about 2 to 4

Cook's Note: This discovery was a happy accident. If you want a chocolate sauce, store part of the recipe in the refrigerator instead of the freezer. It turns into a healthy chocolate sauce. It's a double surprise!

About the Recipe: This is a recipe you will want to try. It is so hard to believe that these 3 ingredients turn into a delightful frosty dessert. We love to spoon it over some mixed berries and then sprinkle it with delicious crisp oat crumbles.