

Chocolate “Ice” Cream

A super easy and healthy recipe for rich chocolate ice cream that tastes just as indulgent as the kind from an ice cream parlor.



Prep Time: 15 minutes

Cook time: No Cooking

INGREDIENTS

Yield: 2 servings

- 1 banana, slice and freeze
 - 1 large avocado, remove pit, slice and freeze
 - 2 tbsp cacao or cocoa powder
 - 2 tbsp. pure maple syrup
 - Toppings: unsweetened coconut flakes, chopped nuts, chocolate chips
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PREPARATION

- Place all ingredients into a food processor and process for approximately 3-5 minutes until smooth ice cream consistency. Scrape down sides of bowl as needed.
- Garnish with your favorite toppings.

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