

Dessert

Instant Chocolate Almond Ice Cream

Source: Super Healthy Kids

Yield: Four 1/2 cup servings

Prep time: 10 minutes

Ingredients:

- 4 medium – bananas (you can also add frozen berries or Cherries)
- 1/4 cup – cocoa powder, unsweetened
- 1/3 cup – almond butter
- 1/4 cup – almonds, sliced

Directions:



1. Break bananas in half and place in the bowl of a food processor
2. Pulse for about a minute, or until the bananas have a crumbly texture.
3. Add the almond butter and cocoa powder and replace the cover.
4. Blend for another minute, or until the texture is uniformly smooth.
5. Serve immediately with toasted almonds or freeze individual scoops on parchment paper until ready to serve.