



# Ice Cream

## CHOCOLATE BANANA SUGAR-FREE!

### Ingredients:

- 1 fresh ripe banana, pureed
- 3 TBSP cocoa powder
- $\frac{3}{4}$  c. honey
- 2 c. heavy cream
- 2 c. milk
- 1 tsp. vanilla
- 1 dash salt

### Directions:

- In a large mixing bowl, whisk together the cream, milk, honey, vanilla and salt until well blended.
- In a small bowl, mix together the mashed banana and the cocoa powder.
- Blend the cocoa/banana mixture into the cream and whisk until everything is well mixed in.
- Prepare your ice cream machine or bowl and add the mix into it according to manufacturers directions.
- Churn in ice cream machine for about 20-25 minutes until thick. This will be soft serve ice cream
- Turn into a half gallon freezer container and freeze for about 2 hours until firm enough to scoop.

