



High Protein Chocolate Ice Cream

Description

The healthy chocolate treat is a perfect solution for anyone who wants to be healthy but could happily eat a bowl of ice cream every day.

- Prep Time 5minutes minutes
- Total Time 5minutes minutes
- Yield 2 ~ 4 servings

Ingredients

- 4 frozen overripe bananas
- 1/4 cup almond butter, or allergy friendly sub
- 3 tbsp cocoa powder
- 2 tbsp chocolate protein powder (such as this one)
- 1/8 tsp salt
- optional 1/4 tsp instant coffee

Instructions

- Blend all ingredients until completely smooth. (If you're not using a Vitamix or food processor, thaw the bananas a little before blending so your machine will be able to handle them.) Either serve immediately as soft serve, or freeze up to an hour and then scoop out with an ice cream scoop for the classic ice-cream shape.

Category

1. High Protein Recipes

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