

## PROTEIN CHOCOLATE ICE-CREAM



Serves: 2  
Prep: 5 mins  
Chill: 2 hrs



Nutrition per serving:  
137 kcals      1g Fats  
35g Carbs      2g Protein



### Ingredients:

- 1 bananas, sliced
- 1 tbsp. honey (or other syrups)
- 1 tbsp. natural cocoa powder
- 1 tsp. vanilla essence
- almonds, chopped (optional)
- plant milk

### Preparation:

1. Line a tray with baking paper, then place the sliced bananas over a single layer. Pop into the freezer for 1 hour.
2. Once bananas are frozen, transfer them into a high-speed blender. Add in the honey, cocoa powder and vanilla essence, and then blend. Add in a splash of milk if necessary, to get the blender going. Blend until smooth.
3. Serve in bowls topped with chopped almonds or your favorite toppings.