4-Ingredient Healthy Chocolate Nice Cream

"I can't believe I ate that?" This healthy delicious vegan "Nice" Cream will not make you say that! Yes it's healthy! and Yes it is DELICIOUS! More importantly it is super easy to make! The hardest part about this is keeping it stocked in your freezer! Don't forget to follow our Trainer Tidbit series for more Healthy Information!

~ Shared by Viviana Gamboa ~ FitRec Personal Trainer

INGREDIENTS

- 2 cups frozen sliced bananas
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1 tablespoon unsweetened almond milk*
- Topping options include: chocolate chips, sprinkles, diced nuts, vegan whipped cream, chocolate syrup, fresh berries. You can even put them in between two cookies for a sandwich!

INSTRUCTIONS

- Place all ingredients into a high speed blender or Vitamix and mix on high until a smooth, thick consistency has been formed. Option to add more milk by the tablespoon as needed.
- Serve immediately or transfer into a parchment-lined bread loaf. Then, place into the freezer for 1 to 2 hours to firm up.
- Serve with chocolate chips or other desired toppings!

For this recipe and more please check out: https://fitfoodiefinds.com/healthy-chocolate-ice-cream/

Extra Tips

FREEZE SLICED BANANAS
Cover a baking sheet with parchment paper and slice bananas evenly and place them on the sheet. Place the entire sheet in the freezer for at least 30 minutes. When you take the bananas out of the freezer, you'll just need to scrape them off the parchment paper and place right in the blender (if you're making this right away), or you can even put them into a ziploc bag to keep in the freezer for later use. Freezing the sliced bananas on a baking sheet first will prevent your bananas from sticking together when you place them in a bag.

PLACE ALL INGREDIENTS IN A HIGH-SPEED BLENDER
Measure out your frozen sliced bananas, cocoa powder, almond milk and vanilla extract and place it all in your high-speed blender. You'll want a serious blender or food processor for this step to ensure all the bananas are blended to perfection. If you use your blender for smoothies with frozen ingredients, you're good to go

BLEND IT UP
Blend up all your ingredients until smooth. But depending on how frozen solid your banana slices are, you may need to thin out your ice cream almond milk. Try thinning it with a tablespoon of almond milk at a time until you get your desired consistency.

SERVE OR FREEZE FOR LATER
Because your banana slices were frozen when you started this recipe, your healthy ice cream should be perfect to serve up with a soft serve consistency and enjoy immediately. But if you're making this ahead of time, or would prefer to save some for later, line a loaf pan with parchment paper and pour your ice cream into the pan. Store covered (you can use aluminum foil to cover the pan!) in your freezer and enjoy at your leisure.