

Mint Chocolate 'ice-cream'

This is so quick, easy and delicious! A great alternative to ice cream.

Equipment:

Blender

Ingredients:

- 2 Frozen bananas
- 2 Tbsps raw cocoa powder
- 10 mint leaves
- ¼ cup rice milk
- Agave syrup to taste (optional)



Serves: 2 servings
Prep time: 3 minutes
Cooking time: None

Directions:

1. Peel, slice and freeze bananas
2. Use 2 small handfuls of bananas (roughly 2 full bananas)
3. Place bananas, raw cocoa, mint leaves and rice milk in blender
4. Whizz until blended, you may need to add more rice milk depending on the consistency you like.

Top tip: Remember to have frozen bananas in the freezer