

# HEALTHY ICE CREAM

## BANANA, DATE & CHOCOLATE ICE CREAM

### INGREDIENTS

- 2 Bananas (ripe)
- 4 Dates (chopped)
- 3 t Chocolate (dark) (70%) (bits) **OR** carob Chips



### DIRECTIONS

- 1 Peel & chop bananas into big chunks & keep in the freezer till its almost frozen
- 2 Blend bananas along with dates in your processor
- 3 When mix is smooth, remove mix from the processor & mix in chocolate bits
- 4 Transfer to a freezer bowl & freeze till set

### NOTES

- 1 If the bananas are overripe, no need to add sugar, otherwise add powdered sugar as per taste
- 2 Take out of freezer few minutes before you plan to serve

