



Banana Chocolate “Ice Cream”

Curb your ice cream cravings with this fun 4 ingredient “ice cream”! Loaded with vitamin B6 from the bananas and anti-inflammatory properties from the cocoa powder, this frozen treat can be enjoyed any moment of the day.

Serves: 5

Serving Size: ½ cup

Ingredients

- 2 medium bananas, peeled
- ⅓ cup of skim milk
- 2 T cocoa powder
- 1 cup fat free whipped topping

Directions

1. Cut banana into ¼ inch slices. Place in a bowl and freeze for at least 2 hours.
2. Add frozen bananas, milk, and cocoa powder into a blender. Blend until smooth.
3. Fold in whipped topping and place in a freezer safe container.
4. Place mixture in freezer for at least 30 minutes to thicken and serve in ½ cup portions.

Chef’s Note: Swap out bananas for strawberries.

Nutrition Info per serving:

Calories: 86, Saturated Fat: 1.9g, Sodium: 18.5mg, Added Sugars: 10.2g, Fiber: 1.9g

Recipe adapted from: <https://diabetesfoodhub.org/recipes/banana-chocolate-ice-cream>