

# Nice Cream with Chocolate Sauce



This homemade ice cream is a healthier alternative that can satisfy your sweet tooth mostly with the natural sugars from frozen fruit.

Using bananas as the base, you can make virtually any variation of nice cream such as chocolate, strawberry, pineapple, and blueberry. Try different combinations, add a dash of your favorite ice cream toppings, and have fun!

## Nice Cream

4-5 Bananas, peeled and frozen

1 teaspoon vanilla

Combine ingredients in food processor or blender with tamper.

Blend until smooth, adding a dash of liquid if necessary (plant-based milk or liquid sweetener such as maple syrup or agave).

It may help to take frozen fruit out of freezer and let sit at room temperature for 10-15 minutes before making nice cream.

## Some other flavors:

Strawberry/Blueberry/Cherry/Mango - Blend 1 cup of frozen or fresh fruit of any combination into nice cream

Peanut butter - Blend in 2-3 Tablespoons peanut butter

Chocolate Cherry - Hand stir in chocolate chips to cherry flavor

Cherry ginger lime - Blend in 1 Tablespoon chopped ginger and 2-3 Tablespoons of lime juice to cherry nice cream

## Chocolate Sauce

¼ cup coconut oil\*

¼ cup maple syrup

¼ cup cocoa powder

½ teaspoon Vanilla

Pinch of salt (optional)

Combine coconut oil in small pot over low heat. Allow to melt, and then add additional ingredients. Stir until well combined. Sauce will be liquid when warm and solid when cold. Store in fridge for up to several weeks.

\*Either refined or unrefined coconut oil can be used. Unrefined will add a mild coconut flavor and refined will have no coconut flavor.