



3 Ingredient Nice-cream

Ingredients

- 6 frozen bananas, chopped into small rounds
- 3 Tbsp nut butter
- 2-3 Tbsp cacao powder

Method

- Add all ingredients to a quality food processor (starting with 2 Tbsp cacao powder) and blend together until you create a smooth and creamy ice-cream.
- Taste the mixture and add more cacao if you like it more chocolatey
- Mix again if needed and once ready, scoop into bowls
- Enjoy!