

# CHOCOLATE BANANA NICE CREAM

Homemade Recipe

## Ingredients

- 2 medium bananas
- 2 T. cocoa powder
- 1 tsp. honey
- 3 T. skim milk
- 1 tsp. vanilla
- ¼ tsp cinnamon (optional)

## Directions

1. Slice the bananas and freeze for 3 hours.
2. Place in a blender or food processor with all of the other ingredients and process until smooth and well combined.
3. Either serve immediately or freeze for another hour or so.

## Nutrition Facts

Number of servings: 3

Serving Size: ½ cup

Calories: 90

Fat: 1g

Carbohydrates: 22g

Protein: 2g

