

(Almost) Vegan Chocolate Ice Cream

Prep Time: 2 hours, 15 minutes

Yield: About 2 Cups
1/2 Cup per Serving
270 Calories per Serving

Ingredients

- 2 Ripe Bananas, Frozen and Chopped
- 2 Small, Ripe Avocados, Chopped
- 1/4 Cup Cocoa Powder
- 1 Tbsp Sorghum
- 1 Tbsp Honey
- 2 Tbsp Nonfat Greek Yogurt
- Freshly Ground Sea Salt, just a little
- 1/8 Cup Cocoa Nibs, Roasted and Shelled or Chopped Nuts
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Directions

1. Freeze ripe bananas over night (be sure to remove peels before freezing or you'll have a mess on your hands trying to peel them).
2. In a food processor or large bowl with an immersion blender thoroughly blend Bananas, Avocados, Cocoa Powder, Sorghum, Honey, Greek Yogurt and Sea Salt. (If you don't have Sorghum you can use 2 Tbsp Honey.) Blend until smooth and creamy. Stir in Cocoa Nibs or Nuts.
3. Churn in an ice cream maker if you have one. Otherwise, spread out evenly in a flat, square glass baking dish and freeze, stirring every 30 minutes to break up the hardened, frozen edges and combine with the creamy middle. You'll need to stir every 30 minutes for the first 2 hours. After 2 hours it will be cold, dreamy and ready to eat.
4. You can save this as you would any other ice cream, but it does freeze more solidly. Just let it stand at room temperature for about 30 minutes to soften before serving. Serve with toppings of choice. I've topped it here with freeze dried Raspberries and Dark Chocolate Covered Pomegranate Seeds. Enjoy!

<http://www.urbansacredgarden.com/almost-vegan-chocolate-ice-cream-me/>