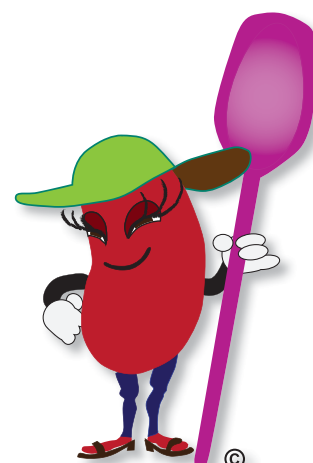


Beans, Rice And Everything Nice



Chocolate Raspberry Banana Ice Dream



original recipe by beansriceeverythingnice.weebly.com

Ingredients

- 2 very ripe bananas, peeled, broken into chunks, and frozen at least 24 hours
- 1 generous cup frozen raspberries
- 3 Tablespoons cocoa powder (I use Hershey's brand)
- 3 Tablespoons maple syrup
- 1 teaspoon vanilla
- 2 Tablespoons soy milk (optional)

1. Remove the bananas and the raspberries from the freezer and let sit on the counter for 10 - 15 minutes before adding to the food processor.
2. Place the bananas, raspberries, cocoa powder, maple syrup and vanilla in the food processor. Blend until smooth. Add in the 2 Tablespoons of soy milk only if it looks like the mixture isn't blending. You may need to stop and scrape down the sides a couple of times.
3. Scoop out like ice cream into serving dishes and eat.