

# Beans, Rice And Everything Nice

## Mexican Hot Chocolate Banana Ice Dream



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### **Ingredients**

3 or 4 servings

3 very ripe bananas,  
peeled, broken into pieces  
and frozen 24 hours

1 teaspoon ground cinnamon

1 teaspoon vanilla extract,  
flavouring, or powder

2-3 Tablespoons cocoa powder

2-3 Tablespoons maple syrup

2 Tablespoons non-dairy milk

1. Remove the bananas from the freezer and let warm up for 10 minutes. Place everything in a food processor or high speed blender and process until smooth, stopping to scrape down the sides as needed.
2. For a firmer Ice Dream, place the processor bowl in the freezer for 30 minutes before serving.
3. Serve plain or with a pinch of shredded coconut or some chopped almonds on top.