

Chocolate Chip Ice Cream

SERVES 1-2

Ingredients

- 5-6 medium-sized bananas, cut into 1-inch pieces and frozen
- 4 tbsp cocoa powder
- ¼ tsp vanilla extract
- pinch of sea salt (optional)
- 1 heaping tbsp raw cacao nibs

Directions

- In a Vitamix/high speed blender, process the bananas using the tamper until they start to break down into the ice cream.
- Turn off the Vitamix/high speed blender and add the cocoa powder.
- Blend for another 2-3 minutes, or until fluffy and smooth.
- Mix in cacao nibs with a spatula.
- Eat and Be Happy!

My name is Michelle Joy Kramer, and I am a board-certified Holistic Health Practitioner and Integrative Nutrition Health Coach. I assist individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers.

Learn more about my programs and how we can work together by contacting me at michelle@michellejoykramer.com or by visiting michellejoykramer.com

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