



Coco Choco Ice Cream with Banana and Mango

Yields: 0P, 50C, 20F

Ingredient List:

- **8 Ripe Bananas, Peeled and Broken into pieces**
- **8 Ripe Mangos, Peeled and Chopped**
- **1 3.5 Oz Bar of Dark Chocolate, Chopped**
- **1 Cup Whole Coconut Milk (20F)**

Preparation Instructions:

1. Combine bananas, mango and coconut milk in a food processor and blend until smooth.
2. Add chocolate and pulse until chocolate is broken into desired sized chunks.
3. Divide into 2 cup portions and freeze. This recipe yields approximately 10 portions.
4. Freeze and Enjoy!

Because of the low fat content (compared to regular ice cream), these will freeze hard, like ice. So, it is best to pull them out of the freezer 15 minutes before you eat them.

As always, this recipe is only a guideline. It is best to keep bananas in the mix for their texture, but be creative with the rest...

Don't forget to,

“Keep it Paleo!”