

Raw Ice Cream! 6/22 - Brad Myers

Ice Cream Ingredients:

Frozen Bananas

2-3 Tbsp Hemp Seeds

2 tsp Vanilla extract or 1/3 Raw Vanilla Bean



Chocolate Syrup:

1 Tbsp Coconut Butter

1 Tbsp Agave (or sweetener of choice)

3 Tbsp Coconut Oil

2-3 Tbsp Cacao Powder

Put frozen bananas and hemp seeds through champion and then stir in vanilla.

*Without a champion or similar appliance you can simply put frozen bananas & hemp seeds in a food processor with a S blade for one minute.

Heat coconut butter if needed and stir in remaining syrup ingredients. Drizzle chocolate syrup over ice cream and top with berries of choice!

Eat and enjoy 😊