



Beet & Banana Ice-Cream

Visual Recipe
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3 - 10oz ~ 300g cooked beets
4 frozen bananas

LEVEL UP! Add ½ tsp ginger powder
and 1 tsp maca powder. Add hemp hearts.

PROTEIN BOOST! Add 2 scoops of vanilla
protein powder.

2 PORTIONS

1



2



3



INSTRUCTIONS

1. Add all of the ingredients, except bananas, into a food processor or a blender and blend until smooth ~ 2 minutes.
2. Add frozen bananas and blend until thick and smooth ~ 2 minutes.
3. Transfer to a bowl and sprinkle with hemp hearts.