



Black Bean, Berry & Banana Ice-Cream

Visual Recipe
by DAREBEE
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4 frozen bananas
10oz ~ 300g frozen berries
½ cup ~ 3oz ~ 100ml milk
1 can ~ 8oz ~ 240g cooked black beans

LEVEL UP! Add ½ tsp maca powder 1 tsp ginger powder. Add almond flakes.

PROTEIN BOOST! Add 2 scoops of protein powder.

2 PORTIONS

1



2



3



INSTRUCTIONS

1. Drain the beans. Place 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 garnish with almond flakes.