



# Black Bean Chocolate Ice-Cream

Visual Recipe  
by DAREBEE  
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4 frozen bananas  
½ cup ~ 3oz ~ 100ml milk  
1 can ~ 8oz ~ 240g cooked black beans  
2 tbsps cocoa powder

2 PORTIONS

**LEVEL UP!** Replace cocoa with 2 scoops of chocolate protein powder.

1



2



3



## INSTRUCTIONS

1. Place half of the frozen bananas into a food processor or a blender, add milk and blend.
2. Add the protein powder and the spices, if using, then add the rest of the bananas and blend until thick and smooth.
3. Transfer to a bowl.