



Chocolate Banana Ice-Cream

Visual Recipe
by DAREBEE

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	MICROMEAL	REGULAR	DOUBLE
frozen banana	2	3	4
chocolate protein powder	1oz ~ 30g	2oz ~ 60g	3oz ~ 90g
water or milk	1oz ~ 30ml	2oz ~ 60ml	½ cup ~ 100ml

LEVEL UP! Add ½ teaspoon of maca or amla powder to the mix.
Add chocolate drops for garnish.

1



2



3



INSTRUCTIONS

1. Place half of the frozen bananas into a food processor or a blender, add water or 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 and garnish with chocolate drops.