

Cacao Mint Ice Cream

Ingredients:

- 1 (14 ounce can full-fat coconut milk (Cold) Almond milk substitute is adequate
- 3 frozen bananas
- ¼ teaspoon spirulina (optional, for color)
- 1 tablespoon maple syrup, honey or other sweetener (Add more if more sweetness is desired)
- ¼ cup fresh mint leaves (peppermint suggested)
- 2 tbsp cacao powder
- cacao butter for smoothie/ garnish (optional)
- ¼ cup (60ml) raw cacao nibs (or grated raw / dark chocolate)

Directions:

1. Start by adding the coconut milk or desired milk to the blender.
 2. Add the bananas, spirulina, if using, maple syrup, fresh mint, and the cacao nibs to the blender and blend until smooth, scraping down the sides of the blender if necessary.
 3. Taste and add more sweetener or mint, if desired.
 4. Add ice and blend to create more of an ice cream like texture if needed
- Scoop into bowls, sprinkle the remaining raw cacao nibs generously on top, and enjoy!
5. Garnish with fresh mint sprigs if desired!

Serves 2-4