



10-Minute Raw Vegan “Chunky Monkey Ice Cream”



<http://coconutandberries.com/2013/09/30/quick-raw-vegan-chunky-monkey-ice-cream/>

- 1/8t Vanilla extract
- Pinch of salt

Method:

Make the fudge first of all as it will need a few minutes to set up. Mix all the ingredients together in a small bowl, pour into a tiny container or spread thickly onto a piece of parchment paper. Place in freezer for 10 minutes, or longer, to set. Remove from freezer and cut into small chunks. Store in the freezer whilst prepping other ingredients as it will melt if at room temperature for long.

If desired, toast walnuts in a pan over medium-heat for approx 5 minutes, stirring frequently, until they begin to darken slightly and smell nutty.

In a food processor blend the sliced banana until smooth, don't over-process though, or it will melt. Fold through walnuts and fudge chunks, reserving a few for topping. Scoop into bowl (s) and serve.

Recipe Notes: For completely raw ice cream use raw almond butter, raw cacao and leave walnuts raw

Serves: 1-2

Ingredients:

- 2 Medium-size bananas, sliced and frozen
- 1/4C Walnuts

Chocolate Fudge Chunks:

- 1T Almond butter
- 1t Coconut oil, melted
- 1t Raw cacao powder OR Cocoa powder
- 1t Maple syrup