

Frozen Cocoa Banana Dessert

From: Food as Medicine, Dr. Weil's Healthy Kitchen

Flavor Profile: Latin American

Serves 6

The flavors in this simple dessert remind us of beach fare – frozen bananas on a stick coated with chocolate. This is a healthier version that you can whip up in no time. It contains no added sugar or dairy and is very versatile. Improvise by adding different flavors. Make this a few hours before you plan to serve - it's best when just frozen. Any leftovers will keep for a couple of weeks in the freezer.

Ingredients:

- 4 very ripe bananas
- 2 tablespoons pure unsweetened cocoa powder
- 1 teaspoon pure vanilla extract
- 2 tablespoons real maple syrup

Directions:

1. Peel the bananas and place in a blender or food processor along with the cocoa powder.
2. Add the vanilla extract and the maple syrup.
3. Blend till very smooth. Pour into individual custard cups or small bowls and freeze until just frozen.

Nutritional info:

Nutrients Per Serving
Calories: 118.1
Protein: 1.4 grams
Fat: 0.7 grams
Saturated Fat: 0.3 grams
Monounsaturated Fat: 0.1 grams
Polyunsaturated Fat: 0.1 grams
Carbohydrate: 30.0 grams
Fiber: 3.0 grams
Cholesterol: 0.0 mg
Vitamin A: 82.2 IU
Vitamin E: 0.3 mg/IU
Vitamin C: 9.2mg
Calcium: 13.7 mg
Magnesium: 39.4 mg

