

## **Frozen Cocoa Banana Dessert**

*Dr. Weil's Healthy Kitchen*

*Flavor Profile: Latin*

*6 Servings*

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  
(we are adding cinnamon!)

### **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.(and cinnamon)
3. Blend till very smooth. Pour into individual custard cups or small bowls and freeze until just frozen.

### *Nutrients Per Serving*

*Calories: 118.1*

*Protein: 1.4 grams*

*Fat: 0.7 grams*

*Saturated Fat: 0.3 grams*

*Monounsat Fat: 0.1 grams*

*Polyunsat 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*

