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## Chocolate Banana Ice Cream ♦♦

Chocolate Banana Ice Cream is a delicious frozen dessert made with ripe bananas and cocoa powder. It is a popular treat enjoyed by people of all ages. The creamy texture and rich chocolate flavor make it a perfect dessert for any occasion.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	Ripe bananas
<b>50 g</b>	cocoa powder
<b>50 g</b>	sugar
<b>1 tsp</b>	vanilla extract
<b>100 ml</b>	milk

# Directions

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## Step 1

Cut

Peel and slice the ripe bananas.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Freezing

Place the sliced bananas in a freezer-safe container and freeze for at least 2 hours.

**Prep Time:** 0 mins

**Cook Time:** 120 mins

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## Step 3

Blending

Once the bananas are frozen, transfer them to a blender or food processor.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

## Blending

Add cocoa powder, sugar, vanilla extract, and milk to the blender.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

### Blending

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

### Freezing

Transfer the mixture back to the freezer-safe container and freeze for an additional 2 hours.

**Prep Time:** 0 mins

**Cook Time:** 120 mins

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## Step 7

### Serving

Serve the Chocolate Banana Ice Cream in bowls or cones.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 1 g

**Protein:** 2 g

**Carbohydrates:** 29 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	29 g	52.73%	58%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	2 mg	0.09%	0.09%
Calcium	1 mg	0.1%	0.1%
Iron	4 mg	50%	22.22%
Potassium	422 mg	12.41%	16.23%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Meal Type

Snack Supper

### Difficulty Level

Easy

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