

# Banana Ice "Cream" w/ Chocolate Sauce — FOK

*Swick*

Serves 4 | Active Time: 10 minutes | Total Time: 1 hour 10 minutes

## Step 1: Making the Chocolate Sauce and Ice Cream

- ½ cup cashews, raw
  - ¼ cup pure maple syrup
  - 1 tbsp cocoa powder, unsweetened
  - 1 tsp vanilla powder
  - pinch of sea salt
  - 6 ripe bananas, peeled and frozen
  - 2 tbsp slivered almonds, toasted, for serving
- To prepare the chocolate sauce.  
Place the cashews in a small bowl and add at least ¾ cup water. Set aside to soak for 1 hour. Drain the cashews and transfer to a blender. Add the maple syrup, cocoa powder, vanilla powder, and sea salt. Blend until smooth, adding ¼ cup water a few drops at a time as needed to keep the mixture moving in the blender. Transfer to a bowl and set aside until needed. For longer storage, transfer the sauce to an airtight container and store in the refrigerator for up to 3 days. Bring to room temperature before using.

To make the banana ice "cream," place the frozen bananas into a food processor, or juicer with a solid plate. Once processed you have such a simple and delicious banana ice cream.

Toast the almonds in a skillet over medium heat until lightly browned and fragrant, 5 to 7 minutes. Transfer to a plate to stop the cooking and set aside to cool.

To serve, scoop some ice "cream" into a bowl, pour the chocolate sauce over the top, and sprinkle with the toasted almonds.