

Banana Ice Cream And Strawberry Sundae With Chocolate Sauce

Easy and healthy dessert the whole family will love.

Categories

Gluten-free

Yields: 3 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Banana, fresh	2 medium - 7" to 7 7/8" long
Soy milk, plain or original, unsweetened, ready-to-drink, enriched	1 cup
Vanilla extract	0.5 teaspoon
Strawberries, fresh	1.5 cup
Dark chocolate bar 60%-69% cacao	0.5 regular size bar - each 1.45 oz

Instructions

Peel two bananas, cut them into smaller pieces and place in the freezer overnight or for 4 hours.

Wash and cut strawberries and set aside.

Take about half a dark chocolate bar or a handful of chocolate chips and melt in a double boiler. If you don't have a double boiler add a bit of nut milk and heat on very low heat, stirring frequently.

Add frozen bananas to blender with vanilla and half of the nut milk. Begin blending and add more nut milk until desired consistency is reached. A vitamix blender with the tamper works really well, otherwise stopping the blender from time to time and stirring up the contents and then blending again may be needed. It also helps to add more milk but you don't want it to turn into a smoothie.

To assemble sundae add banana ice cream, a row of strawberries, more ice-cream and top with strawberries and chocolate sauce.