



Chocolate Banana Froyo



Ingredients



Adapted from (*biggerbolderbaking*)

- 2 frozen bananas, peeled
- 2 Tb honey
- 1/3 cup plain yogurt
- 1/4 cup cocoa
- 2 tsp vanilla extract



Directions



1. Add all ingredients to a food processor or blender. Depending on how powerful your blender is, you may need to process all ingredients other than the bananas first and then add the bananas in pieces.
2. Process until creamy, about 2-3 minutes. Scrape down the sides to make sure there are no lumps left.
3. Transfer to an airtight container and freeze for a minimum of 6 hours but preferably overnight. Store in the freezer for up to 1 month. Let sit out for 15 minutes before scooping if necessary.

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Fast Facts



This Recipe Provides






Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	120
Calories	120
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Polyunsaturated Fat 0.08g	
Monounsaturated Fat 0.35g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 18g	
Includes 9g Added Sugars	18%
Sugar Alcohol 0g	
Protein 3g	6%
Vitamin D 0.02mcg	0%
Calcium 62.4mg	4%
Iron 0.954mg	6%
Potassium 470mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Cooking Tips

- Leave out the cocoa if you're not a fan of chocolate and add some pureed fruit instead.
- Fresh bananas can be used in place of frozen, however the bananas must be frozen solid.

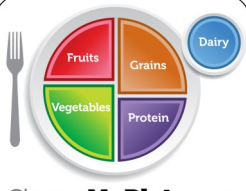


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