

Natural Health Center

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Ice Cream! Now that I've got your attention, I'm going to give you a healthy alternative that's simple and requires very few ingredients. Made with healthy ingredients you probably already have on hand, (okay, maybe not the coconut milk) you'll be eating a tasty frozen dessert in no time! We skipped the crust (as usual) and made this upside down by spraying the pie dish with coconut oil and sprinkling the topping on the bottom and pouring the mix over the top and served it upside down cake style. Whichever way you choose, you'll be enjoying this frozen treat all summer long.

Chocolate Banana Ice Cream Cone Pie

358 calories with crust, 258 without! Serves 8

5 really ripe bananas, peeled and cut into chunks
1/2 cup cocoa powder
1 can of coconut milk
2 tsp vanilla extract
1 graham cracker pie crust of your choice
1/3 cup salted peanuts, chopped
1 oz of dark chocolate, shaved
* 1/4 cup toasted coconut (optional)

- Place bananas, cocoa powder, coconut milk and vanilla into blender.
- Blend until smooth.
- Pour into pie crust.
- Sprinkle peanuts, chocolate and optional toasted coconut over top.
- Cover with wrap or container top.
- Freeze a minimum of 4 hours or overnight.
- Let sit for 30 minutes before enjoying.

For more recipes and tips on healthy cooking visit www.essentialgrain.com.

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