

Prune & Dark Chocolate Blend

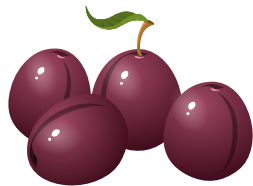
(popsicles, smoothie, ice cream)

PREP TIME: 5 MINS

YIELDS: 4 CUPS

Ingredients

- 8 prunes, pitted
- 1 banana, ripe
- 4 cup milk, any
- ¼ cup cocoa powder
- 1 teaspoon vanilla extract



Qualities

Texture: Liquid/thick

Rating for Scent : 1/10

Spice Level: 0/10

Benefits

Anti-inflammatory

Promotes GI Health

Hydrating

Low sodium

Nutrition Content for 1 Cup

Calories: 233kcal

Fat: 8.7g

Protein: 9.7g

Carbohydrates: 33.5g

Fiber: 3.8g

Added sugar: 0g

Sodium: 94.3mg

Directions

1. Combine ingredients all together in a blender, then serve chilled as a smoothie, churn in an ice cream maker, or pour into a popsicle mold.

Chef Tips/Adjustments

- Adjust milk to create a thicker or a thinner texture.
- Fresh plums or peaches can also be used for this recipe, though the nutrition information will change.
- Calories can be boosted by adding additional milk, adding a yogurt or a neutral tasting oil.

