

# Banana Chocolate Soft Serve Ice Cream

## Ingredients

- 1 bottle of *Fresubin PRO Drink Vanilla*
- 1 ripe banana (approx. 150g)
- 1 teaspoon cocoa possibly
- 1-2 teaspoons honey or sugar

- 1 Freeze the *Fresubin PRO Drink Vanilla* in an ice cube tray the day before.
- 2 Peel the bananas and slice them. Put the *Fresubin PRO Drink Vanilla* ice cubes,  $\frac{3}{4}$  of the banana slices and the cocoa in a blender and blend well. You can add honey or sugar if you want. Put the ice cream in a bowl and place the remaining banana slices on top of it. Serve immediately.
- 3 For slightly firmer ice cream, put the ice cream in the freezer for **10-20 minutes** after you have blended it.

## Nutritional Information Per Portion of Prepared Recipe

Protein	31g
Fat	19g
Carbohydrate	69g
<b>Total</b>	<b>594kcal (2,484kJ)</b>

Fresubin  
PRO Drink  
Vanilla



1  
portion



35  
min

