

# Chocolate Banana 'Boro Shake or Ice Cream



## INGREDIENTS

- 1 cup milk
- 1 frozen banana
- 1 1/2 tbsp Nutella
- 1/2 tsp cinnamon (optional)
- Blender

## DIRECTIONS

- Mix all ingredients in a blender until combined. Mix longer for a shake texture or mix less for a thicker ice cream texture.
- You can use any milk alternative as a substitute: almond milk, cashew milk, oat milk, etc. Heavy cream can be used to make a richer ice cream.
- You can substitute cocoa powder (to taste) or any nut butter of your choice in place of Nutella. Note: removing Nutella will make the mixture thinner. If you want a thicker texture, use Nutella or nut butter.
- Garnish with banana slices, chocolate chips or any topping of your choice.