

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Creamy White Bean Ice Cream

INGREDIENTS:

- 1 1/2 cups cooked white beans - frozen
- 1 ripe banana - frozen
- Sweetener of choice - I like liquid Stevia or honey
- 1/2 tsp. vanilla
- Splash of almond milk/soy milk/cow's milk etc.



DIRECTIONS:

- ♥ I start by nuking my beans and banana in the microwave at 50% power for about 30-40 seconds, just so they are not rock-solid when you add them to the food processor
- ♥ Grab your food processor, throw in your mildly nuked beans and bananas, sweetener of choice and vanilla, turn on that bad boy, and let it do the work for you!
- ♥ It will take a few minutes for everything to break down and start to blend together, so after about 2 minutes you may want to add a splash or two of your milk of choice - until the beans/banana mixture becomes nice and smooth and creamy and reaches your desired consistency.
- ♥ DO NOT add too much milk, start out very slow, 1 tablespoon at a time, you can always add more, but you can't take it out once it is in LOL...and if you put too much liquid you will wind up having a smoothie (not a bad thing, just not what we are going for here).

Enjoy right away!

Compliments of Eat Your Heart Out Edibles

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