

Coconut Coffee Ice Cream

Prep time: 20 mins | Yields: 1 serving

Bring on the start of the summer with this cooling, delicious, and hormone-friendly ice cream that whips up in only 20 minutes. Coconut aids digestion and provides heart-healthy antioxidants. Protein powder helps regulate metabolism and supports muscle mass, an essential health focus as hormones change.

Ingredients

Frozen, sliced banana	1
Vanilla protein powder	2-3 Tbsp
Cocoa powder	1 Tbsp
Peanut butter	1 Tbsp
Coconut milk/cream	1-2 Tbsp

Coffee flavor options (choose preferred)

Instant espresso or coffee powder	1½ to 2 tsp
Mushroom coffee or other coffee alternative	1 Tbsp

Optional toppings

Cocoa nibs	To taste
Coconut flakes	To taste

Preparation

1. Thaw the banana for about 15 seconds in the microwave.
2. Mix all the ice cream ingredients in a blender until it becomes a thick, smooth consistency.
3. Transfer to a bowl and add optional toppings as desired.