

Chocolate Banana Sorbet



Satisfy your sweet tooth with this quick, easy, and delicious sorbet. Best of all, you can make it with only 4 ingredients and it's ready to eat immediately or place in your freezer for later.

By Yoly

Prep: 5 mins

Total: 5 mins

Servings: 3

Yield: 3 servings



Ingredients

4 ripe bananas, peeled and frozen

¼ cup cocoa powder

3 tablespoons powdered sugar

1 teaspoon vanilla extract

1 teaspoon instant coffee granules (Optional)

Directions

Step 1

Combine bananas, cocoa powder, powdered sugar, vanilla extract, and instant coffee in a powerful blender such as a Vitamix®. Using the tamper, blend until all ingredients are incorporated. Serve immediately or freeze in a freezer-safe container for 3 hours for a firmer texture.

Nutrition Facts

Per Serving: 190 calories; protein 3g; carbohydrates 47.5g; fat 1.5g; sodium 3.2mg.