

## Banana Almond Coffee Ice Cream (Vegan, Gluten-Free, Soy-Free)

Thanks to the [healthdiaries.com](http://healthdiaries.com) for this creative ice cream alternative.

Note: Some brands of rice and nut milks do contain soy lecithin. If you are interested in utilizing a completely soy free milk alternative, try brands such as Pacific Foods Almond Milk.

### Ingredients:

- 2 cups mashed bananas (the riper the better)
- 2 cups almond milk (or soy milk)
- 1 tsp. organic vanilla extract
- 2 tsp. coffee flavor
- 1/3 cup raw cacao nibs

### Directions:

Blend bananas, almond milk, vanilla extract, and coffee extract in a blender. Place blender in freezer for an hour. Remove from freezer and pour mixture into an ice cream machine. Add cacao nibs a few minutes before the recipe is finished.