

**SERVES 8**

# Sugar-Free Chocolate Fudge Ice Popsicles

(Vegan, Diabetes-Friendly, Gluten-Free, All-Natural)

Isabellemckenzie.com | total time: 4 hours



## INGREDIENTS

2 large very ripe bananas  
(make sure they're brown  
and mushy)

2 cups milk (any  
unsweetened kind like:  
almond, oat, coconut,  
cow's milk, etc)

2 tbsp. unsweetened  
cocoa powder

5-10 drops liquid stevia, to  
taste or 1 to 2 dates for a  
richer pop\*optional for  
extra sweetness

## INSTRUCTIONS

1. Place all your ingredients into a blender or food processor and blend until smooth and clear.
2. Pour equally into molds and freeze for about 4 hours. Once frozen, enjoy and store in a container for up to 1 month!

If you give this recipe a go, don't forget to tag me on Instagram  
**@itsisabelle** and using hashtag **#cookingwithisabelle**

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