

These last days of summer can still make you sweat ... and crave a refreshing yet healthy soft serve. This tahini-banana "nicecream" will hit the spot, cooling you down while filling you up with mineral-rich dates, bananas, tahini, and raw honey.

Tahini-Banana Soft Serve

Prep: 10 minutes

Total: 10 minutes

Serves: 2

Ingredients:

2 cups ripe sliced frozen bananas

2 Tablespoons tahini (or sub another creamy nut or seed butter)

3 Tablespoons cacao powder

1-2 Tablespoons Ava Jane's Kitchen Raw Yucatan honey

1-2 ripe pitted dates

1 teaspoon vanilla extract

1 pinch Colima Sea Salt

Ava Jane's Kitchen Caramelized Cacao Beans, crushed, for topping

Instructions:

Add frozen sliced bananas to a food processor and blend until a creamy "soft serve" is formed, scraping down sides as needed (this should take about 3-5 minutes).

Add tahini (or other nut butter), cacao powder, dates, vanilla, sea salt, and honey and blend to combine.

Serve immediately with an extra drizzle of tahini on top, along with crushed caramelized cacao beans (you can also top with granola and extra banana or berries!)