
Yummy Fatty Nice Cream



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MACRONUTRIENTS

- 500G COCONUT YOGHURT
- 1/4 CUP GROUND OATS OR QUINOA

MICRONUTRIENTS

- 1/4 CUP CACAO POWDER
- 1 TABLESPOON OF HONEY OR 100% PURE MAPLE SYRUP
- 1 TABLESPOON 100% PEANUTS PEANUT BUTTER
- 1 TABLESPOON VANILLA EXTRACT

ADDITIONAL OPTIONS

- STIR THROUGH BERRIES OR SLICES OF BANANA
- SERVE TOPPED WITH MIXED NUTS O SEEDS

- COMBINE ALL INGREDIENTS IN A FOOD PROCESSOR AND BLITZ UNTIL SMOOTH.
- PLACE IN A CONTAINER AND FREEZE OVER NIGHT.
- REMOVE FROM THE FREEZER THE NEXT DAY. ALLOW TO SLIGHTLY DEFROST.
- RE-BLITZ AND RE-FREEZE.

NUTRITION INFORMATION

- MACRONUTRIENTS - COMPLEX CARBOHYDRATES, PROTEIN & HEALTHY FATS - COCONUT YOGHURT (HEALTHY FAT & PROTEIN), OATS/QUINOA (PROTEIN & COMPLEX CARBOHYDRATE)
- MICRONUTRIENTS -
 - CACAO - POTASSIUM & MAGNESIUM
 - PEANUT BUTTER - MAGNESIUM, B6 & IRON
 - MAPLE SYRUP - CALCIUM, POTASSIUM, IRON, MANGANESE & ZINC