



Simple | Healthy | Delicious

Hemp Seeds Ice Cream

INGREDIENTS

80 gr of cashews, soaked for 8 hours
40 gr Nature's Earthly Choice hemp seeds, soaked for 15 minutes
1-2 bananas
1 avocado
2 spoons honey (agave, maple syrup for vegan version)
100 ml water
1 spoon lemon juice
Vanilla powder



DIRECTIONS:

1. Mix all the ingredients in a blender until it's all mixed up, creamy and fluffy. The bananas and the avocado should be very ripe and frozen for at least 12 hours.