



# Healthy Chocolate Ice Cream Cake (Dairy/Sugarfree)

NIBBLEDISH CONTRIBUTOR

## Ingredients

Recipe by Wholly Freak!

### Crust:

1/4 cup hazelnut (40g)

1- 2 dates (20g)

A good pinch of sea salt

### Filling:

1/2 medium banana (120g)

3/4 tbsp cocoa powder, or cacao for raw

Heaped 1/8 tsp cinnamon

A good pinch of sea salt

Cacao nibs, optional - for stir-ins or toppings

## Instructions

1. To make the crust: Using a food processor, process the nuts until coarse. Add the dates and salt in. Process until the nuts are medium coarse and the dates are well blended. Be careful not to over process as the liquids in the dates will separate and the

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dough will be too chewy.

2. In a silicon muffin pan or a cling wrapped ramekin, press the dough in the base and along the sides to form a crust. Set aside or freeze until the filling is ready.

3. To make the filling: Slice the banana. Place the sliced bananas, powder, cinnamon and salt in the same food processor. Process until smooth. Spoon into the prepared crust. If using cacao nibs (I highly recommend it - it mimics the texture and taste of chocolate chips when frozen and provides a nice crunch), sprinkle cacao nibs in between each spoonful of filling. Garnish with cacao nibs and freeze.

4. Let freeze thoroughly before eating. I like to eat these immediately out of the freezer. You may let it thaw for just a couple of minutes before eating too. But remember - as this is an "ice cream" cake, it will melt if left out for long.

This cake is very healthy - oil-free, sugar-free, gluten-free, vegan, dairy-free and can be made fully raw if you use raw cacao powder and nuts.

[www.whollyfreak.com](http://www.whollyfreak.com) for more healthy, whole food recipes.

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