

# Chocolate-Raspberry Banana Sorbet

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 4 servings | Serving Size: ½ cup

## Ingredients

2 frozen medium bananas, peeled and sliced before freezing

1 cup frozen raspberries

¼ cup lowfat (1%) milk

1½ tablespoons unsweetened cocoa powder

2 tablespoons semi-sweet chocolate chips

## Directions

1. Add the bananas, raspberries, and milk to a blender or food processor.
2. Blend until smooth and creamy, stopping to scrape down the sides as needed.
3. Add the cocoa powder and chocolate chips. Blend to combine.
4. Serve immediately for a soft-serve texture. For a firmer texture, put it in the freezer for 2-3 hours, stirring every 20-30 minutes.

## Recipe Notes

- Blending the frozen bananas will take a few minutes. It will be very loud, similar to adding ice cubes to a blender. Within a few minutes though, you should be seeing a thick, creamy ice-cream-like mixture in the blender.
- Substitute your favorite unsweetened non-dairy milk if desired.



Nutrition Facts Per Serving: Calories: 100 | Total Fat: 2 g | Saturated Fat: 1 g  
Sodium: 10 mg | Total Carbohydrate: 22 g | Dietary Fiber: 4.5 g | Protein: 2 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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